

THE  
ENGLISH PHYSICIAN  
ENLARGED;

With Three Hundred Sixty and Nine

MEDICINES,

MADE OF

English Herbs,

That were not in any Impression until This.

BEING

An Astrologo-Physical Discourse of the Vulgar Herbs of this Nation; Containing a Compleat Method of Physick, whereby a Man may preserve his Body in Health, or Cure himself, being Sick, for Three Pence Charge, with such things only as grow in *England*, they being most fit for *English* Bodies.

Herein is also shewed these Seven Things, *Viz.* 1. The way of making Plaisters, Oyntments, Oyls, Pultiffes, Syrups, Decoctions, Juleps or Waters, of all sorts of Physical Herbs, that you may have them ready for your use at all times of the year. 2. What Planet governeth every Herb or Tree (used in *Physick*) that groweth in *England*. 3. The Time of gathering all Herbs, both Vulgarly and Astrologically. 4. The Way of Drying and Keeping the Herbs all the Year. 5. The Way of Keeping their Juyces ready for use at all times. 6. The Way of Making and Keeping all kind of useful Compounds made of Herbs. 7. The Way of mixing Medicines according to the Cause and Mixture of the Disease, and Part of the Body Afflicted.

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By NICH. CULPEPPER, *Gent. Student in  
Physick and Astrology.*

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# An Alphabetical TABLE of all the HERBS and PLANTS in this Book; As also what PLANET governeth every one of them.

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# THE ENGLISH PHYSICIAN ENLARGED.

## Amara-dulcis.

**C**onsidering divers Shires in this Nation give divers Names to one and the same Herb, and that common Name which it bears in one Countrey, is not know in another; I shall take the pains to set down all the Names that I know of each Herb: pardon me for setting that Name at first which is common to my self. Besides Amara-dulcis, some call it ortal, others Bitter-sweet, some Woody-Nightshade, and others lonwort.

**Description.]** It grows up with woody stalks even to a mans height, sometimes higher. The leaves fall off at the approach of Winter, spring out again of the same stalk at Spring-time: The branch compassed about with a whitish Bark, and hath a pith in the middle: The main branch brancheth it self into many small ones, clasping, laying hold on what is next to them, as Vines do. It bears leaves, they grow in no order at all, or at least-wise in no order: The leaves are longish, though somewhat broad, and pointed at the ends: many of them have two little leaves growing at the top of their foot-stalk, some of them have but one, and some none; the leaves are of a pale green colour; The flowers are of a purple colour, of a perfect blue, like to Violets, and they stand many of them together in knots; The Berries are green at the first, but when they are ripe they are very red; if you taste them, you shall find them just as the Grabs which we in Suffex call Bitter-sweet, viz. sweet at first, bitter afterwards.

**Place.]** They grow commonly almost throughout England, especially in moist and shady places.

**Time.]** The leaves shoot out about the latter end of March, if the

the temperature of the Air be ordinary, it flowereth in July, the seeds are ripe soon after, usually in the next month.

*Government and Virtues.*] It is under the Planet Mercury, a notable Herb of his also, if it be rightly gathered under his influence. It is excellent good to remove Witchcrafts both in Men and Beasts; as also all sudden Diseases whatsoever. Being round about the Neck, is one of the admirablest Remedies the Vertigo or Dizziness in the Head that is; and that's the reason (as *Tragus* saith) the people in *Germany* commonly hang about their Cattles neck when they fear any such evil hath befallen them. Country people commonly use to take the berries of it, and having bruised them, they apply them to Felons, and thereby soon rid their fingers of such troublesome guests.

We have now shewed you the external use of the Herb, I shall speak a word or two of the internal, and so conclude. Take notice that it is a *Mercurial* Herb, and therefore of very subtil parts, as indeed all *Mercurial* Plants are; therefore take a pound of the wood and leaves together, bruise the wood (which you may easily do, for it is not so hard as Oak) then put it in a pot and put to it three pints of White-wine, put on the Pot-lid and shut it close, then let it infuse hot over gentle fire twelve hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, to help difficulty of breathing, bruises and falls, and congealed blood in any part of the body, to help the yellow Jaundice, the Dropsie, and black Jaundice, and to cleanse Women newly brought in Bed. You may drink a quarter of a pint of the Infusion every morning. It purges the body very gently, and not churlishly as some hold: and when you find good by this, remember me.

*Obstructions of the Liver and Spleen, difficulty of Breathing, Bruises, Falls, congealed Blood, Dropsie, yellow and black Jaundice, Women after Delivery.*

They that think the use of these medicines is too brief, it's only for the cheapness of the Book (let them read those Books of mine, of the last Edition, viz. *Riverius*, *Veslingus*, *Risland*, *Johnston*, *Sennertus*, and *Physick for the Poor*.

### Alheal.

IT is called Alheal, *Hercules's* Alheal, and *Hercules's* Woundwort, because it is supposed that *Hercules* learned the Herb and its Virtues from *Chyron*, when he learned Physick of him. Some call it Panay, and others Opopanewort.

*Description.*] Its Root is long, thick, and exceeding full of Juice, of a hot and biting Taste, the Leaves are great and large and winged almost like Ash-tree Leaves, but that they are somewhat Hairy, each Leaf consisting of five or six pair of such wings set one against the other upon foot-stalks, broad below, but narrow towards the end, one of the Leaves is a little deeper at the bottom than the other, of a fair, yellowish, fresh, green colour, the

of a bitterish taste, being chewed in the mouth. From amongst these ariseth up a stalk green in colour, round in form, great and strong in magnitude, five or six foot high in altitude, with many joints, and some leaves thereat: towards the top come forth umbles of small yellow flowers; after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in taste.

*Place.]* Having given you the description of the Herb from the bottom to the top, give me leave to tell you that there are other Herbs called by this name: but because they are strangers in England, I give only the description of this, which is easie to be had in the Gardens of divers.

*Time.]* Although Gerrard saith, That they flower from the beginning of May to the end of December, Experience teacheth them that keep it in their Gardens, that it flowers not till the latter end of the Summer, and sheds its seeds presently after.

*Government and Virtues.]* It is under the dominion of Mars; not biting, and cholerick; and remedies what evils Mars afflicts the Body of man with by sympathy, as Vipers-flesh attracts Poyson, and the Load-stone Iron. It kills the Worms, helps the Gout, Cramp, and Convulsion, provokes Urine, and helps all Joint-aches. It helps all cold griefs of the Head, the Vertigo, Falling-sickness, the Lethargy, the Wind-colick, Obstructions of the Liver and Spleen, Stone in the Kidneys and Bladder. It provokes the Terms, expels the dead Birth: It is excellent good for the grief of the Sinews, Itch, Sores, and Tooth-ach, the biting of mad Dogs and Venomous Beasts, and purgeth Choler very gently.

Worms,  
Gout,  
Cramp,  
Convulsion,  
provokes U-  
rine, Joint-  
aches, Ver-  
tigo, Fal-

ling-sickness, Lethargy, Colick, Obstructions of the Liver and Spleen, Stone, Terms provokes, dead Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs, venomous Beasts, Choler.

### Alkanet.

Besides the common name, it is called Orchanet, and Spanish Bugloss, and by Apothecaries, Enchusa.

*Description.]* Of the many sorts of this Herb, there is but one known to grow commonly in this Nation; of which one, take this Description; It hath a great and thick Root, of a reddish colour, long, narrow, hairy-Leaves, green like the leaves of Bugloss, which lie very thick upon the ground; the stalks rise up compassed round about, thick with leaves, which are lesser and narrower than the former,



former, they are tender, and slender, the flowers are hollow, smooth and of a reddish colour.

*Place.*] It grows in Kent near Rochester, and in many places in the West-Country, both in Devonshire and Cornwall.

*Time.*] They flower in July, and the beginning of August, and the seed is ripe soon after, but the Root is in its prime, as Carrots and Parsnips are, before the Herb run up to stalk.

Ulcers, Inflammations, Burnings, Saint Anth. fire, Morpew, Tell. Jaundice, Spleen, Gravel, Venomous Beast, Flux, Worms, Mother, Back, Bruises, Falls, Small Pox, Measles, Wounds.

*Government and Virtues.*] It is an Herb under the dominion of Venus, and indeed one of her Darlings, though somewhat hard to come by. It helps old Ulcers, hot Inflammations, burnings by common fire, and St. Anthony's fire, by Antipathy to Mars; for these uses your best way is to make it into an Ointment. Also if you make a Vinegar of it, as you make Vinegar of Roses, it helps the Morpew and Leprosie; if you apply the Herb to the Privities, it draws forth the dead Child. It helps the Yellow Jaundice, Spleen, and Gravel in the Kidneys (Dioscorides saith) it helps such as are bitten by a venomous Beast, whether it be taken inwardly, or applied to the Wound; nay he saith further, If any one that hath newly eaten it, do but spit into the mouth of a Serpent, the Serpent instantly dies. It stays the flux of the Belly; kills Worms, helps the Fits of the Mother, Its decoction made in Wine and drunk, strengthens the Back, and easeth the pains thereof, it helps Bruises and Falls, and is as gallant a Remedy to drive out the Small Pox and Measles as any is; an Ointment made of it, is excellent for green Wounds, Pricks or Thrusts.

### Adders-Tongue, or Serpents-Tongue.

*Descript.*] **T**his small Herb hath but one leaf, which grows with the stalk a fingers length above the ground, being fat and of a fresh green colour, broad like Water-Plantane, but left without any middle rib in it; from the bottom of which leaf, on the inside riseth up (ordinarily) one, sometimes two or three small slender stalks, the upper half whereof is somewhat bigger, and dented with small round dents of a yellowish green colour, like the Tongue of an Adder or Serpent (only this is as useful as they are formidable.) The roots continue all the year.

*Place.*] It grows in moist Meadows, and such like places.

*Time.*] And is to be found in April and May, for it quickly perisheth with a little heat.

*Government and Virtues.*] It is an Herb under the dominion of the Moon and Cancer, and therefore if the weakness of the Retentive



ve Faculty be caused by any evil influence of *Saturn* in any part of the Body governed by the *Moon* or under the Dominion of *Cancer*, this Herb cures it by Sympathy: It cures these Diseases after specified in any part of the Body under the influence of *Saturn*, by Antipathy.

It is temperate in respect of heat, but dry in the Second Degree. The Juyce of the Leaves drunk with the distilled Water of Horse-tail, is a singular Remedy for all manner of Wounds in the Breasts, Bowels, or other parts of the Body, and given with good success unto those who are troubled with the Breast, vomiting, or bleeding at the Mouth or Nose, or other Bowels, life downwards. The said Juyce given in the distilled Water Vomiting, of Oaken Buds, is very good for Women who have their usual Terms, purses, or the Whites flowing down too abundantly: It helps Stops the Eyes. Of the Leaves infused or boiled in Oyl Omphacine, Whites, young unripe Olives, set in the Sun for certain days, or the green Wounds, leaves sufficiently boiled in the said Oyl, is made an excellent Ulcers, Inflammation, green Balsam, not only for green and fresh Wounds, but also in Wounds; for old and inveterate Ulcers, especially if a little fine clear Turpentine be dissolved therein. It also stayeth and refresheth Inflammations that arise upon pains, by hurts or wounds.

What parts of the Body are under each Planet and Sign, and so what Diseases may be found in my Astrological Judgment of Diseases; and for the internal Work of Nature in the Body of Man; as Vital, Animal, Natural and Procreative spirit of Man; The Apprehension, Judgment, Memory; The external Senses, viz. Seeing, Hearing, Smelling, Tasting and feeling; The Vertues Attractive, Retentive, Digestive, Exulsive, &c. Under the Dominion of what Planets they are, may be found in my *Ephemeris* for the Year 1651. In both which you shall find the Chaff of Authors blown away, by the name of Dr. Reason. and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly, To avoid blotting Paper with one thing many times, and also to ease your Purse in the Price of the Book, and withal to make you Studious in Physick, you have at the latter end of the Book, the way of Preserving all Herbs either in Juyce, Conserve, Oyl, Oyntment or Plaister, Electuary, Pills or Troches.

### Agrimony.

Description.] **T**His hath divers long Leaves (some greater, some smaller) set upon a stalk, all of them dented about  
D the

former, they are tender, and slender, the flowers are hollow, sm  
and of a reddish colour.

Place.] It grows in Kent near Rochester, and in many pla  
in the West-Country, both in Devonshire and Cornwall.

Time.] They flower in July, and the beginning of August, an  
the seed is ripe soon after, but the Root is in its prime, as Ca  
rots and Parsnips are, before the Herb run up to stalk.

Ulcers, In- Government and Virtues.] It is an Herb under the dominion  
flammations, Burns, of Venus, and indeed one of her Darlings, though somewhat  
ings, Saint hard to come by. It helps old Ulcers, hot Inflammations, burn  
Anth. fire, ings by common fire, and St. Anthony's fire, by Antipathy  
Morphew, Mars; for these uses your best way is to make it into an Ointment. Also if you make a Vinegar of it, as you make  
Well. You- negar of Roses, it helps the Morphew and Leprosie; if you  
dice, Green, apply the Herb to the Privities, it draws forth the dead Chiles  
swell, It helps the Jaundice, Spleen, and Gravel in the Kidney  
venomous (Disorders) such as are bitten by a venomous Beast  
beast, whether it be taken inwardly, or applied to the Wound; nam  
beast, he saith for it, Whosoever one that hath newly eaten it, do b  
Worms, spit into the mouth of a Serpent, the Serpent instantly dies.  
Mother, stays the pain of the Belly; kills Worms, helps the Lues of a  
Back, Brui- Mother. Its decoction made in Wine and drunk, stays the  
les, Falls, the Back, and cures the Pains thereof; it helps the Dropsy  
small Pox, Falls, and is a good Remedy to drive out the Small  
chafes, and Measles as any other eminent medicine is for  
Wounds, for green Wounds, and for the Scab.

### Adders-Tongue, or Serpents-Tongue.

Descript.] **T**his small Herb is but one leaf, which grows w  
the stalk is long, and lies close to the ground, but  
fat and of a fresh green colour, broad like Water-Plantane, but  
without any middle rib in it, from the bottom of which leaf, an  
inside riseth up (ordinarily) three or four, or three small round  
stalks, the upper half whereof is naked, but bigger, and denser  
small round stalks of a yellowish colour, and the tongue of an  
Adder or Serpent (only this is as they are formidable.) It  
continues all the year.

Place.] It grows in moist Meadows, and such like places.  
Time.] And is to be found in April and May, for it quick  
perisheth with a little heat.

Government and Virtues.] It is an Herb under the dominion  
of Mars and Cancer, and therefore if the weakness of the Ren  
triv

ve Faculty be caused by any evil influence of *Saturn* in any part of the Body governed by the *Moon* or under the Dominion of *Cancer*, this Herb cures it by Sympathy: It cures these Diseases after specified in any part of the Body under the influence of *Saturn*, by Antipathy.

It is temperate in respect of heat, but dry in the Second Degree. The Juyce of the Leaves drunk with the distilled Water of Horse-tail, is a singular Remedy for all manner of Wounds in the Breasts, Bowels, or other parts of the Body, and given with good success unto those who are troubled with the Breast, spitting, vomiting, or bleeding at the Mouth or Nose, or other Bowels, life downwards. The said Juyce given in the distilled Water Vomiting, Oaken Buds, is very good for Women who have their usual Terms, purges, or the Whites flowing down too abundantly: It helps Stops the Eyes. Of the Leaves infused or boiled in Oyl, Omphacine, Whites, unripe Olives, set in the Sun for certain days, or the green Wounds, leaves sufficiently boiled in the said Oyl, is made an excellent Ulcers, Intestine Balsam, not only for green and fresh Wounds, but also inflammation of old and inveterate Ulcers, especially if a little fine clear in Wounds: Turpentine be dissolved therein. It also stayeth and refresheth Inflammations that arise upon pains, by hurts or wounds.

What parts of the Body are under each Planet and Sign, and so what Diseases may be found in my Astrological Judgment of Diseases; and for the internal Work of Nature in the Body of Man; as Vital, Animal, Natural and Procreative Spirit of Man; The Apprehension, Judgment, Memory; The external Senses, viz. Seeing, Hearing, Smelling, Tasting and Feeling; The Vertues Attractive, Retentive, Digestive, Exhalative, &c. Under the Dominion of what Planets they are, may be found in my *Ephemeris* for the Year 1651. In both which you shall find the Chaff of Authors blown away, by the force of Dr. Reason. and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly, To avoid blotting Paper with one thing many times, and also to ease your Purfes in the Price of the Book, and withal to make you Studious in Physick, you have at the latter end of the Book, the way of Preserving all Herbs either in Juyce, Conserve, Oyl, Oyntment or Plaister, Electuary, Pills or Troches.

### Agrimony.

[Description.] **T**His hath divers long Leaves (some greater, some smaller) set upon a stalk, all of them densed about  
D the

the edges, green about, and grayish underneath, and a little ho withal. Among which ariseth up usually but one strong, round brown stalk, two or three foot high, with smaller Leaves set and there upon it. At the top whereof grow many small yellow flers one above another in long spikes. After which come rough be of seeds, hanging downwards, which will cleave to, and stick u Garments, or any thing that shall rub against them. The knot is bla long, and somewhat woody, abiding many years, and shooting af every Spring; which root, though small, hath a reasonable good scem

*Places.*] It groweth upon Banks, near the sides of Hedges Pales.

*Time.*] It flowreth in July and August, the seed being shortly after.

*Government and Vertues.*] It is an Herb under Jupiter, and Sign Cancer; and strengthens those parts under that Planet a Sign, and removes Diseases in them by Sympathy, and those u der Saturn, Mars and Mercury by Antipathy, if they happen any part of the Body governed by Jupiter, or under the Sig Cancer, Sagitary or Pisces, and therefore must needs be good the Gout, either used outwardly in Oyl or Oyntment, or wardly in an Electuary or Syrup, or concreted Juyce; for whi see the latter end of the Book.

Cleansing,  
Drying,  
Binding,  
Liver,  
Jaundice,  
inward  
Wounds, in-  
ward Brui-  
ses, bloody  
and trou-  
bled Urine,  
Colick,  
Breast,  
Cough, Ter-  
tian and  
Quartan  
Agues,  
Bloody flux,  
Cancers,  
Thorns,  
Splinters  
and Nails  
in the flesh,  
Members  
out of joynt,  
Impos-  
tumes.

It is of a cleansing and cutting Faculty, without any manife heat, moderately drying and binding. It openeth and cleanse the Liver, helpeth the Jaundice, and is very beneficial to the Bo els, healing all inward Wounds, Bruises, Hurts, and other Distu pers. The Decoction of the Herb made with Wine, and drunk good against the biting and stinging of Serpents, and helps the that have foul, troubled or bloody waters; and makes them clear speedily. It also helpeth the Colick, cleanseth the Bre and rids away the Cough. A draught of the Decoction tak warm before the Fit, first removes, and in time rids away Tertian or Quartan Agues. The Leaves and Seed taken Wine, stay the Bloody-Flux. Outwardly applied, being stam ed with old Swines grease, it helpeth old Sores, Cancers and veterate Ulcers, and draweth forth Thorns and Splinters Wood, Nails, or any other such thing gotten into the Flesh. helpeth to strengthen the Members that be out of Joynt; a being bruised and applied, or the Juyce dropped in, it helps foul and imposthumated Ears.

The distilled Water of the Herb is good to all the said po poses, either inward or outward, but a great deal weaker.

It is a most admirably Remedy for such whose Livers are n oyed either by heat or cold. The Liver is the former of Bloo



and Blood the nourisher of the Body, and Agrimony a strength-  
ner of the Liver.

cannot stand to give you a reason in every Herb, why it cu-  
re such Diseases; but if you please to peruse my Judgment in  
Herb Wormwood, you shall find them there, and it will be  
all worth your while to consider it in every Herb, you shall  
find them true throughout the Book.

### Water-Agrimony.

It is called in some Countries Water-Hemp, Bastard Hemp,  
and Bastard-Agrimony, Eupatorium, and Hepatorium, be-  
cause it strengthens the Liver.

[Descript.] The Root continues a long time, having many long, sen-  
sitive strings. The stalk grows up about two foot high, sometimes higher.  
The leaves are of a dark Purple colour: the branches are many, growing at  
distances the one from the other, the one from the one side of the stalk,  
the other from the opposite point. The Leaves are winged, and much in-  
dented at the edges. The flowers grow at the top of the branches, of a  
pale yellow colour, spotted with black spots, having a substance with-  
in the midst of them like that of a Daisie; if you rub them between  
your fingers, they smell like Rozin or Cedar when it is burnt. The  
seeds are long, and easily stick to any Woollen thing they touch.

[Place.] They delight not in heat, and therefore they are not  
frequently found in the Southern parts of England, as in the  
North, where they grow frequently: you may look for them  
in old Grounds, by Ponds and Dirches sides, as also by run-  
ning Waters, sometimes you shall find them grow in the midst  
of the Waters.

[Time.] They all flower in July and August; and the seed is  
ready presently after.

[Government and Vertues.] It is a plant of Jupiter as well as the  
other Agrimony, only this belongs to the Coelestial Sign Can-

It healeth and dryeth, cutteth and cleanseth thick and  
gross humours of the Breast, and for this I hold it inferior to  
few Herbs that grow. It helps the Cachexia or evil disposi-  
tion of the Body, the Dropsie and yellow Jaundice, it opens  
the obstructions of the Liver, mollifies the hardness of the Spleen,  
if applied outwardly. It breaks Imposthumes taken inward-  
ly, it is an excellent Remedy for the third day Ague. It pro-  
motes Urine and the Terms; it kills Worms, and cleanseth the  
body of sharp humours, which are the cause of Itch, Scabs; the  
smoke being burnt, the Smoak thereof drives away Flies, Wasps, &c.

Cutteth,  
Cleanseth,  
Breast,  
Cachexia,  
Dropsie,  
Yellow  
Jaundice,  
Obstructi-  
ons, Liver,  
Spleen, Im-  
posthume,  
Urine,  
Terms pro-  
vokes.  
Worms,  
Itch, Scabs,  
it Flies, Wasps,



it strengthens the Lungs exceedingly. Country people give to their Cattle when they are troubled with the Cough, Broken-winded.

### Alchoof, or Ground-Ivy.

Several Countries give it several Names, so that there is scarce an Herb growing of that bigness that hath got so many is called *Cats-foot*, *Ground Ivy*, *Gill go by ground*, and *Gill creeper*, *Ground*, *Tun-hoof*, *Hay-maids*, and *Alc-hoof*.

**Description.]** This well-known Herb lieth, spreadeth, and creeper upon the Ground, shooting forth Roots, at the corners of the ten jointed stalks, set all along with two round Leaves at every joint, somewhat hairy, crumpled, and unevenly dented about the edges with round dents; at the joints likewise with the Leaves towards the ends of the Branches, come forth hollow, long Flowers, of a blewish purple colour with small white spots upon the lips that hang down. The Fruit is small with strings.

**Place.]** It is commonly found under Hedges, and on the side of Ditches, under Houses, or in shadowed Lanes, and other waste Grounds in almost every part of the Land.

**Time.]** They flower somewhat early, and abide so a good while; the Leaves continue green until Winter, and sometimes abide, except the Winter be very sharp and cold.

**Government and Vertues.]** It is an Herb of *Venus*, and therefore Cures the Diseases she causes by Sympathy, and those of Antipathy; you may usually find it all the year long, except the year be extream frosty; it is quick, sharp, and bitter in taste, and is thereby found to be hot and dry; a singular Herb for inward Wounds, exulcerated Lungs, or other parts, either it self or boiled with other the like Herbs; and being drunk a short time it easeth all griping Pains, windy and cholerick humors in the Stomach, Spleen, or Belly; helps the yellow Jaundice by opening the stoppings of the Gall and Liver, and the melancholy by opening the stoppings of the Spleen, expelleth venom or Poyson, and also the Plague; it provoketh Urine, Womens Courses; The Decoction of it in Wine drunk for a short time together, procureth ease unto them that are troubled with the Sciatica or Hip-Gout, as also the Gout in Hands, Knees, Feet; if you put to the Decoction some Honey, and a little burnt Allum, it is excellent good to gargle any sore Mouth, Throat, and to wash the Sores and Ulcers in the privy parts of Man or Woman; It speedily helpeth green Wounds, being bruised.

Inward  
Wounds,  
Pains, Gri-  
ping, Wind,  
Choler, Sto-  
mach, Bel-  
ly, Stopping  
in the Li-  
ver, Gall,  
Plague,  
Poyson,  
Gout, Scia-  
tica, sore  
Mouth and  
Throat, Ul-  
cers in the  
Privities.

and bound thereunto: The Juyce of it boiled with a little Honey and Verdegreece, doth wonderfully cleanse Fistulaes, Ulcers, and stayeth the spreading or eating of Cancers and Ucers; it helpeth the Itch, Scabs, Wheels, and other Breakings out in any part of the Body. The Juyce of Celandine, Field-Web in the Daffies, and Ground-Ivy Clarified, and a little fine Sugar dissolved therein, and dropped into the Eyes, is a Sovereign Remedy for all Pains, Redness, and watering of them; as also for the Pin and Web, Skins and Films growing over the Sight; it helpeth Beasts as well as Men. The Juyce dropped into the Ears, doth wonderfully help the Noise and Singing of them, and helpeth the Hearing which is decayed. It is good to Tun up with new Drink; for it will so clarify it in a Night, that it will be the fitter to be drunk the next Morning; or if any Drink be thick with removing, or any other accident, it will do the like in a few hours.

### Alexander.

**I**T is also called Alifander, Horse-Parfly, and Wild Parfly, and the black Pot-herb; the Seed of it is that which is usually sold in the Apothecaries Shops for Macedonian Parfly-seed.

**Descript.]** It is usually sown in all the Gardens in Europe, and so well known, that it needs no farther Description.

**Time.]** They flower in June and July; the Seed is ripe in August.

**Government and Vertues.]** It is an Herb of Jupiter, and therefore friendly to Nature, for it warmeth a cold Stomach, and openeth Stoppings of the Liver and Spleen; it is good to move Womens Courfes, to expel the After-birth, to break Wind, to provoke Urine, and help the Strangury; and these things the Seeds will do likewise: if either of them be boiled in Wine, or being bruised and taken in Wine, is also effectual against the Biting of Serpents. And now you know what Alexander-Pottage Wind, is good for, that you may no longer eat it out of Ignorance, but out of Knowledge.

Obstru-  
tions of the  
Liver and  
Spleen, Pro-  
vokes the  
Terms, Af-  
ter-birth.  
vokes Urin,  
Biting of  
Serpents.

### The Black Alder-Tree.

**Description]** **T**His Tree seldom groweth to any great bigness, but for the most part abideth like a Hedge-bush, or Tree spreading into Branches, the Wood of the Body being white, and a dark red Cole, or Heart; the outward Bark is

## The English Physician Enlarged.

of a blackish colour with many whitish spots therein: but the inner bark next unto the wood is yellow, which being chewed, will turn a Spittle near unto a Saffron colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the Female Cornel, or Dogberry-tree, called in Suffex Dog-wood, but blacker, and not so long. The Flowers are white, coming forth with the Leaves at the Joynts which turn into small round Berries, first green, afterwards red, but blackish when they are through ripe, divided as it were into two parts, wherein contained two small, round, and flat seeds. The Root runneth not down into the Ground, but spreads rather under the upper crust of the Earth.

*Place.]* This Tree or Shrub may be found plentifully in Saint John's Wood by Hornsey, and in the Woods upon Hampstead Heath, as also a Wood called the Old Park in Barcomb in Essex near the Brooks side.

*Time.]* It flowreth in May, and the Berries are ripe in September.

*Government and Virtues.]* It is a Tree of Venus, and perhaps under the Coelestial Sign Cancer. The inner yellow Bark heretofore purgeth downwards both Choler and Flegm, and the watry humours of such as have the Dropsie, and strengtheneth the inward parts again by binding. If the Bark hereof be boiled with Agrimony, Wormwood, Dodder, Hops, and some Fennel with Smallage, Endive and Succory-roots, and a reasonable draught taken every morning for some time together. It is very effectual against the Jaundice, Dropsie, and the evil disposition of the Body, especially if some suitable purging Medicine have been taken before to avoid the grosser Excrements. It purgeth and strengtheneth the Liver and Spleen, cleansing them from such evil humours and hardness as they are afflicted with. It is to be understood that these things are performed by the dried Bark, for the fresh green Bark taken inwardly provoketh strong Vomitings, pains in the Stomach, and gripings in the Belly. Yet if the Decoction may stand and settle two or three days until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the Stomach and procure an Appetite to meat. The outward Bark contrariwise doth bind the Body, and is helpful for all Lasks and Fluxes thereof, but this also must be dried first, whereby it will work the better. The inner Bark thereof boiled in Vinegar, is an approved Remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a short time. It is singular good to wash the Teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good Fodder for Kine to make them give more Milk,

*Choler,  
Flegm.*

*Jaundice,  
Dropsie,  
Chachexia,  
Liver,  
Spleen.*

*Stomach  
weak, Ap-  
petite lost,  
Flux, Lice,  
Itch, Scabs.*

If in the Spring-time you use the Herbs before mentioned, and will but take a handful of each of them, and to them add a handful of Elder-buds; and having bruised them all, boil them in a Gallon of ordinary Beer when it is new; and having boiled them half an hour, add to this three Gallons more, and let them work together, and drink a draught of it every morning, half a pint, or thereabouts. It is an excellent Purge for the Spring, to consume the flegmatick quality the Winter hath left behind it, and withal keep your Body in health, and consume those evil humours which the heat of Summer will readily stir up: esteem it as a Jewel.

### The common Alder-Tree.

**Descript.]** **G**roweth to a reasonable height, and spreads much if it likes the place. It is so generally well known unto Country People, that I conceive it needless to tell them that which is no News.

**Place and Time]** It delighteth to grow in moist Woods, and watry Places; flowering in April or May, and yielding ripe seed in September.

**Government and Use]** It is a Tree under the Dominion of Venus, and of some watry Sign or other, I suppose Pisces; and therefore the Decoction or distilled Water of the Leaves, is excellent against Burnings, and Inflammations, either with Wounds or without, to bathe the place grieved with, and especially for that Inflammation in the Breast, which the Vulgar call an Ague.

Burnings,  
Inflammations.

If you cannot get the Leaves, (as in Winter 'tis impossible) make use of the Bark in the same manner.

The Leaves and Bark of the Alder tree, are cooling, drying and binding. The fresh Leaves laid upon Swellings dissolve them, and stay the Inflammations. The Leaves put under the bare Feet galled with Travelling, are a great refreshing to them. The said Leaves gathered while the morning-dew is on them, and brought into a Chamber troubled with Fleas, will gather them thereinto, which being suddenly cast out, will rid the Chamber of those troublesome Bedfellows.

Coolings,  
Drying,  
Swellings,

Fleas.

### Angelica.

**T**O write a Description of that which is so well known to be growing in almost every Garden, I suppose it altogether needless: yet for its Vertues it is of admirable use.

In times of Heathenism, when Men had found out any excellent Herb, &c. they Dedicated it to their Gods: as the Bay-Tree to Apollo, the Oak to Jupiter, the Vine to Bacchus, the Poplar to Hercules. These the Papists following as the Patriarchs, they Dedicate them to their Saints; as our Ladies Thistle to the



*Blessed Virgin, St. John's Wort to St. John, and another Wort to St. Peter, &c.* Our Physicians must imitate like Apes, (though they cannot come off half so cleverly) for they blasphemously call Pansies or Hearts-ease, *an Herb of the Trinity*, because it is three colours: and a certain Oyntment, *an Oyntment of the Apostles*, because it consists of twelve Ingredients: Alas, I am sorry for their Folly, and grieved at their Blasphemy; God send the rest of their Age, for they have their share of Ignorance ready. O! Why must ours be blasphemous, because the Heathens and Papists were Idolatrous? Certainly they have read so much in old rusty Authors, that they have lost all their Divinity; unless it were amongst the Ranters, I never read or heard of such Blasphemy. The Heathens and Papists were bad, and ours worse, the Papists giving Idolatrous Names to Herbs for their Virtue sake, not for their fair looks; and therefore some called this *Herb of the Holy-Ghost*; others more moderate called it *Angelica*, because of its Angelical Vertues, and that name it retains still, and all Nations follow it so near as their Dialect will permit.

*Government and Vertues.*] It is an Herb of the *Sun* in *Leo*, let it be gathered when he is there, the *Moon* Applying to his good Aspect; let it be gathered either in his hour, or in the hour of *Jupiter*, let *Sol* be Angular, observe the like in gathering the Herbs of other Planets, and you may happen to do wonders. In all Epidemical Diseases caused by *Saturn*, this is as good a Preservative as grows: It resists Poyson, by defending and comforting the Heart, Blood, and Spirits; it doth the like against the Plague and all Epidemical Diseases; if the Root be taken in Powder to the weight of half a dram at a time, with some good Treacle in Carduus-water, and the party thereupon laid to sweat in his Bed; if Treacle be not to be had, take it alone in Carduus or Angelica-water. The Stalks or Roots candied and eaten fasting are good Preservatives in time of Infection; and at other times to warm and comfort a cold Stomach. The Root also steeped in Vinegar, and a little of that Vinegar taken sometimes fasting, and the Root smelled unto, is good for the same purpose. A Water distilled from the Root simply, or steeped in Wine and distilled in a Glass, is much more effectual than the Water of the Leaves; and this Water drunk two or three spoonfuls at a time, easeth all Pains and Torments coming of Cold and Wind, so that the Body be not bound; and taken with some of the Root in Powder at the beginning, helpeth the Plurisie, as also all other Diseases of the Lungs and Breast, as Coughs, Ptisick, and shortness of Breath, and a Syrup of the Stalks doth the like. It helps pains of the Colick, the Strangury, and stopping of the Urine, procureth Womens Courses, and expelleth the After-birth.

Poyson,  
Pestilence,  
Epidemical  
Diseases.

Cold, Wind,  
Plurisie,  
Cough,  
Lungs,  
Breast,  
Strangury,  
shortness of  
Breath, Col-  
lick, pro-  
vokes the  
Terms, Af-  
ter-birth.

eneth the stoppings of the Liver and Spleen, and briefly easeth *Stoppings of*  
 and discusseth all Windiness and inward Swelling. The De- *the Liver*  
 tion drunk before the Fit of an Ague, that they may sweat *and Spleen,*  
 possible) before the Fit come, will in two or three times ta- *Indigestion,*  
 ng, rid it quite away; it helps digestion, and is a remedy for *Surfeits,*  
 Surfeit. The Juyce or the Water being dropped into the Eyes *Tooth-ach.*  
 Ears, helps Dimness of Sight and Deafness; The Juyce put  
 to the hollow Teeth, easeth their Pains. The Roots in Powder  
 made up into a Plaister with a little Pitch, and laid on the Bi-  
 ng of mad Dogs, or any other venomous Creature, doth won- *Bitings of*  
 rfully help. The Juyce or the Water dropped, or Tents wet *mad Dogs,*  
 herein, and put into old filthy deep Ulcers, or the Powder of *Ulcers.*  
 e Root (in want of either) doth cleanse and cause them to heal  
 quickly, by covering the naked bones with flesh; The distilled  
 Water applied to places pained with the Gout or Sciatica, doth *Gout,*  
 ve a great deal of ease. *Sciatica.*

The wild Angelica is not so effectual as the Garden, although  
 may be safely used to all the purposes aforesaid.

### Amaranthus.

Besides this common Name, by which it is best known by  
 the Florists of our days, it is called Flower-Gentle, Flower-  
 Velure, Floramor, and Velvet-Flower.

*Descript.] It being a Garden-flower, and well known to every one*  
*that keep of it, I might forbear the Description; yet notwithstanding,*  
*because some desire it, I shall give it. It runneth up with a Stalk a*  
*ubit high, streaked, and somewhat reddish toward the Root, but very*  
*smooth, divided towards the top with small Branches, among which*  
*stand long broad Leaves of a reddish green colour, slippery; The Flowers*  
*are not properly Flowers, but Tufts, very beautiful to behold, but of no*  
*small, of reddish colour; if you bruise them, they yield juice of the*  
*same colour; being gathered, they keep their beauty a long time; the*  
*seed is of a shining black colour.*

*Time.] They continue in flower from August till the time the*  
*Frost nip them.*

*Government and Vertues.] It is under the Dominion of Saturn,*  
*and is an excellent qualifier of the Unruly Actions and Passions*  
*of Venus, though Mars also should joyn with her. The*  
*Flowers dried and beaten into Powder, stop the Terms in Wo-*  
*men, and so do almost all other red things. And by the Icon,*  
*or Image of every Herb, the Ancients at first found out their*  
*Vertues; Modern Writers laugh at them for it; but I won-*  
*der in my Heart how the Vertues of Herbs came at first to*  
*be known, if not by their Signatures; The Modern have them*  
*from the Writings of the Ancients; The Ancients had no Wri-*

*Terms.*

*tings*

*Flux,* tings to have them from : but to proceed. The Flowers fl  
*Bleeding,* Fluxes of Blood, whether in Man or Woman, bleeding e  
*Whites,* at the Nose or Wound. There is also a sort of *Amaran*  
*Running of* which bears a white Flower which stops the Whites in Wo  
*the Reins,* and the Running of the Reins in Men, and is a most gallant  
*French Pox.* tivenarian, and a singular Remedy for the French Pox.

## Anemone.

**C**alled also Wind-flower, because they say the Flowers n  
 open but when the Wind bloweth. *Pliny* is my Author  
 it be not so, blame him. The seed also (if it bears any at  
 flies away with the Wind.

*Place and Time.*] They are sown usually in the Gardens of  
 Curious, and flowers in the Spring-time. As for Descriptio  
 shall pass it, being well known to all those that sow them.

*Government and Vertues.*] It is under the Dominion of *M*  
 being supposed to be a kind of Crow-foot. The Leaves prov  
 the Terms mightily, being boiled, and the Decoction drunk.  
*Terms pro-* Body being bathed with the Decoction of them, Cures the  
*voke.* prosie. The Leaves being stamped, and the Juyce snuffed up  
*Head purg-* the Nose, purgeth the Head mightily, so doth the Root, be  
*eth.* chew'd in the Mouth, for it procureth much spitting, and brin  
 eth away many watry and flegmatick humors, and is theresh  
*Lethargy.* excellent for the Lethargy : and when all is done, let Physi  
 prate what they please, all the Pills in the *Dispensatory* purge  
 the Head like to hot things held in the Mouth. Being made  
 to an Oyntment, and the Eye-lids anointed with it, it helps  
*Eyes infla-* inflammations of the Eyes, whereby it is palpable that eve  
*med.* stronger draweth its weaker like. The same Oyntment is  
*Ulcers.* cellent good to cleanse malignant and corroding Ulcers.

## Garden-Arrach.

**C**alled also Orach, and Arage.

*Descript.*] It is so commonly known to every Housewife,  
 were but labour lost to describe it.

*Time.*] It flowreth and seedeth from June to the end of *Augu*

*Government and Vertues.*] It is under the Government of t  
 Moon ; in quality cold and moist like unto her. It softneth a  
 loosneth the Body of Man being eaten, and fortifieth the exp  
 sive faculty in him. The Herb, whether it be bruised and appli  
 to the Throat, or boiled, and in like manner applied, it ma  
 ters not much, it is excellent good for Swellings in the Thro  
 the best way, I suppose, is to boil it, and having drunk the D  
 decoction inwardly, apply the Herb outwardly : the Decoction  
 it besides, is an excellent Remedy for the yellow Jaundice.

## Arrach, wild and stinking.

Alled also *Vulvaria*, from that part of the Body upon which the Operation is most; also Dogs-Arrach, Goats-Arrach, stinking Mother-wort.

[Descript.] This hath small, and almost round Leaves, yet a little notched, and without dent or cut, of a dusky mealy colour, growing on slender stalks and branches that spread on the ground, with small flowers in clusters set with the leaves, and small seeds succeeding like chestnuts, perishing yearly, and rising again with its own sowing. It smells like old rotten fish, or something worse.

[Place.] It grows usually upon Dunghills.

[Time.] They flower in June and July, and their seed is ripe quickly after.

[Government and Vertues.] Stinking Arrach is used as a Remedy to help Women pained, and almost strangled with the Mother, *Mother.* smelling to it: but inwardly taken, there is no better Remedy under the Moon for that Disease. I would be large in commendation of this Herb, were I but Eloquent. It is an Herb under the Dominion of *Venus*, and under the Sign *Scorpio*; It is common almost upon every Dunghill. The Works of God are given freely to Man, his Medicines are common and cheap, and easy to be found: ('tis the Medicines of the Colledge of Physicians that are so dear and scarce to find.) I commend it for an universal Medicine for the Womb, and such a Medicine as will easily, *Womb.* safely, and speedily Cure any Disease thereof, as the Fits of the Mother, Dislocation or falling out thereof: it cools the Womb being over-heated. And let me tell you this, and I will tell you the Truth, heat of the Womb is one of the greatest causes of hard labour in Child-birth. It makes Barren Women fruitful, it cleanseth the Womb if it be foul, and strengthens it exceedingly: it provokes the Terms if they be stopped, and stops them if they flow immoderately: you can desire no good to your Womb, but this Herb will effect it; therefore if you love Children, if you love Health, if you love Ease, keep a Syrup always by you, made of the Juice of this Herb, and Sugar, (or Honey if it be to cleanse the Womb) and let such as be rich keep it for their poor neighbour, and bestow it as freely as I bestow my Studies upon them, or else let them look to answer it another day, when the Lord shall come to make Inquisition of Blood.

## Arch-angel.

TO put a gloss upon their practice, the Physicians call an Herb (which Country People vulgarly know by the name of Dead-nettle) Arch-Angel, whether they favour of more Superstition or Folly,



Folly, I leave to the judicious Reader. There is more cur than courtesie to my Country-men used by others in the nation as well of the Names, as Description of this so known Herb; which that I may not also be guilty of, take short Description, first of the red Arch-angel.

**Description.]** This hath divers square Stalks somewhat hairy the joynts whereof grow two sad green Leaves dented about the opposite to one another, to the lowermost upon long foot-stalks, but out any toward the tops, which are somewhat round, yet pointed, a little crumpled and hairy: round about the upper joynts, where Leaves grow thick, are sundry gaping Flowers of a pale reddish colour after which come the Seeds three or four in a Husk. The Root is small and threddy, perishing every year; the whole Plant hath a strong, but not stinking.

*White Arch-angel* hath divers square Stalks, none standing straight upright, but bending downward, whereon stand two Leaves at a joint larger and more pointed than the other, dented about the edges, greener also, more like unto Nettle-leaves, but not stinging, yet hairy. At the joynts with the Leaves, stand larger and more open gaping white Flowers, in Husks round about the Stalks, but not with such a bush of Leaves, as Flowers set in the top, as is on the other which stand small roundish black Seeds; The Root is white, with many fibres at it, not growing downward, but lying under the upper crust of Earth, and abideth many years increasing; This hath not so strong scent as the former.

*Yellow Arch-Angel* is like the white in the Stalks and Leaves; that the Stalks are more straight and upright, and the Joynts where Leaves are further asunder, having longer Leaves than the former and the Flowers a little larger and more gaping, of a fair yellow colour in most, in some paler. The Roots are like the white, only creep not so much under the ground.

**Place.]** They grow almost every-where (unless it be in the middle of the Street) the yellow most usually in the wet ground of Woods, and sometimes in the dryer, in divers Counties of this Nation.

**Time.]** They flower from the beginning of the Spring all Summer long.

**Vertues and Use.]** The Arch-angels are somewhat hot and dry than the stinging Nettles, and used with better success for stopping and hardness of the Spleen, than they by using the decoction of the Herb in Wine, and afterwards applying the Heat hot unto the Region of a Spleen as a Plaister, or the Decoction with Spunges. The flowers of the White Arch-angel are preferred or conserved to be used to stay the Whites, and the flowers of

Spleen.

Whites

ed to stay the Reds in Women. It makes the heart merry, drives away Melancholly, quickens the Spirits, is good against Quartan Agues, stancheth Bleeding at Mouth and Nose, if it be stamped and applied to the Nape of the Neck; the Herb also bruised, and with some Salt and Vinegar, and Hogs greafe laid upon any hard Tumor or Swelling, or that which is vulgarly called the Kings-Evil, do help to dissolve or discuss them, and being in like manner applied, doth much allay the Pains, and give ease to the Gout, Sciatica, and other Pains of the Joynts and Sinews. It is also very effectual to heal green Wounds, and old Ulcers, also to stay their fretting, griawing and spreading. It draweth forth Splinters and such like things gotten into the Flesh, and is very good against Bruises and Burnings. But the yellow Arch Angel is most commended for old, filthy, corrupt Sores and Ulcers, and although they grow to be hollow; and to dissolve Tumors. The chief use of them is for Women, it being an Herb of *Venus*, and may be found in my *Guide for Women*.

*Melancholy, Quartan Agues, Bleeding at Nose, Swellings, Kings-Evil, Gout, Sciatica, Joynts, Ulcers, old Sores, Bruises, Burnings.*

### Arf-smart.

THE hot Arf-smart is called also Water-Pepper, Culrage. The mild Arf-smart is called dead Arf-smart, Porcicaria, or Peach-wort, because the Leaves are so like the Leaves of a Peach-tree; it is also called Plum-bago.

*Description of the mild* ] This hath broad leaves set at the great red joynts of the stalks; with semi-circular blackish marks on them usually, yet sometimes without. The flowers grow in long spikes usually, either blewish or whitish with such like seed following. The Root is long, with many strings thereat, perishing yearly; this hath no sharp taste (as another sort hath, which is quick and biting) but rather softer like Sorrel, or else a little drying, or without taste.

*Place.* ] It grows in watry Plashes, Ditches, and the like, which for the most part are dry in Summer.

*Time.* ] It flowereth in June, and the seed is ripe in August.

*Government and Vertues.* ] As the Vertue of both these is various, so are also their Government; for that which is hot and biting, is under the Dominion of Mars, but Saturn challengeth the other, as appears by that Lead-colour'd spot he hath placed upon the Leaf.

It is of a cooling and drying quality, and very effectual for putrified Ulcers in Man or Beast, to kill Worms, and cleanse the putrified places. The Juice thereof dropped in, or otherwise applied, consumeth all cold Swellings, and dissolveth the

*Ulcers, cold Swellings, Bruised, congeal'd Blood, Tooth ach, Felons or Abscesses.*

congeal'd Blood of Bruises by stroaks, falls, &c. A piece of the Root or some of the Seed bruised, and held to an aking Tooth, taketh away the pain. The Leaves bruised and laid to the Joynt that hath a Felon there-

*Worms in the Ears, Fleas,  
tired Horses, Imposthumes,  
Inflammations, Wounds.*

one taketh it away. The Juycce destro  
Worms in the Ears being dropped into the  
if the hot Arf-smart be strewed in a Cham  
it will soon kill all the Fleas; and the Her  
Juycce of the cold Arf-smart; put to a Hor  
other Cattels Sores, will drive away the Fly in the hottest time of Summ  
a good handful of the hot biting Arf-smart put under a Horses Saddle,  
make him Travel the better although he were half tired before. The  
Arf-smart is good against all Imposthumes and Inflammations at the  
ginning, and to heal green Wounds.

All Authors chop the Vertues of both sorts of Arf-smart together,  
Men chop Herbs to the Pot, when both of them are of clean-contrary q  
lities. The hot Arf-smart groweth not so high, or tall, as the mild do  
but hath many leaves of the colour of Peach-leaves, very seldom or ne  
spotted; in other particulars it is like the former, but may easily be know  
from it if you will but be pleased to break a leaf of it cross your Tong  
for the hot will make your Tongue to smart, so will not the cold. If y  
see them both together, you may easily distinguish them, because the m  
hath far broader leaves: and our Colledge of Physicians, out of the learn  
care of the publick good, *Anglice*, their own gain, mistakes the one for t  
other in their *New Master-piece*, whereby they discover, 1. Their Ignoranc  
2. Their Carelesness; and he that hath but half an Eye, may see the  
Pride without a pair of Spectacles. I have done what I could to distingui  
them in the Vertues, and when you find not the contrary named, use th  
cold. The truth is, I have not yet spoken with Dr. Reason, nor his Br  
ther Dr. Experience, concerning either of them both.

### Asarabacca.

**Descript.]** A Sarabacca hath many Heads rising from the Roots, from whence  
come many smooth Leaves, every one upon his own foot-stalk  
which are rounder and bigger than Violet-leaves, thicker also and of a dark green  
shining colour on the upper side, and of a pale yellow green underneath, little or n  
thing dented about the edges, from among which rise small round, hollow, brown  
green Husks, upon short stalks, about an inch long, divided at the brims into fr  
divisions, very like the Cups or Heads of the Henbane-seed, but that they are  
smaller: and these be all the flowers it carrieth, which are somewhat sweet, bein  
smelled unto, and wherein when they are ripe is contained small cornered, rough  
seeds, very like the Kernels or Stones of Grapes or Raisins. The Roots are small  
and whitish, spreading divers ways in the Ground, and increasing into divers  
Heads: but not running or creeping under the ground, as some other creeping  
Herbs do. They are somewhat sweet in smell, resembling Nardus, but more when  
they are dry, than green; and of a sharp, but not unpleasing tast.

**Place.]** It groweth frequently in Gardens.

**Time.]** They keep their Leaves green all Winter, but shoot forth new  
in the Spring, and with them come forth those Heads or Flowers which  
give ripe seed about Midsummer, or somewhat after.

Government and Vertues.] 'Tis a Plant under the Dominion of Mars, and before inimical to Nature. This Herb being drunk, not only provoketh purging, but purgeeth downward, and by Urine purgeeth both Choler and Flegm; if you add some Spicknard, with the Whey of Goats-milk, or honeyed Water, it is made more strong, and it purgeeth Flegm more manifestly than Choler, and therefore doth much help pains in the sides and other parts; It being boiled in Whey, wonderfully helpeth the Obstructions of the Liver and Spleen, and therefore profitable for the Dropsie and Jaundice, being steeped in Wine and drunk; It helps those continual sicknesses that come by the plenty of stubborn humours; an Oyl made thereof setting in the Sun, with some *Laudanum* added to it, provoketh Sweating, the middle ridge of the Back being anointed therewith) and thereby driveth away shaking fits of the Ague. It will not abide any long boiling, for it looses its chiefest strength thereby; nor much beating, for the finer Powder will provoke Vomits and Urine, and the courser purgeeth downwards. The common use hereof, is to take the Juyce of five or seven Leaves in little drink to cause Vomiting; the Roots have also the same Vertue, though they do not operate so forcibly; yet they are very effectual against the biting of Serpents, and therefore are put as an ingredient both into *Mithridate* and *Venice-Triple*. The Leaves and Roots being boiled in Wine, and the Head often washed therewith while it is warm, comforteth the Head and Brain that is ill Affected by taking cold, and helpeth the Memory. I shall desire ignorant people to forbear the use of the Leaves; the Roots purge more gently, and may prove beneficial in such as have Cancers, or putrified Ulcers or Fistulaes upon their Bodies, to take a dram of them in powder in a quarter of a pint of Whitewine in the Morning. The truth is, I fancy purging and vomiting Medicines as little as any man breathing, for they weaken Nature, nor shall ever advise them to be used unless in urgent necessity. If a Physician be Nature's Servant, it is his duty to strengthen his Mistress as much as he can; and weaken her as little as may be.

*Causeth Vomiting, Choler, Flegm, Urine, Obstructions of the Liver and Spleen, Dropsie, Jaundice, Agues.*

*Serpents, Head, Memory.*

### Asparagus, Sparagus, or Sperage.

[Script.] **I** Triseth up at first with divers white green scaly Heads, very brittle or easie to break while they are young, which afterward rise in very long and slender green stalks, of the bigness of an ordinary riding wand, the bottom of most, or bigger or lesser, as the Roots are of growth; on which set divers branches of green Leaves, shorter and smaller than Fennel to the top; the joints whereof come forth small mossie yellowish flowers, which turn into red Berries green at first, and of an excellent red colour when they are ripe, being like heads of Coral, wherein are contained exceeding hard black Seeds. The Roots are dispersed from a spongy Head into many long, thick, and round fibres, whereby it sucketh much nourishment out of the ground, and encreaseth fruitfully thereby.

*Prickly*



## Prickly Asparagus or Sperage.

**Descript.]** *It groweth usually in Gardens, and some of it grows wild in Aston Meadow in Gloucester-shire, where the poor people do gather the Buds or young Shoots, and sell them cheaper than our Garden Asparagus sold at London.*

**Time.]** They do for the most part flower, and bear their Berries late in the year, or not at all, although they are housed in Winter.

**Government and Vertues.]** They are both under the Dominion of Jupiter.

*Belly, Strangury, Dysury, Gout, Sciatica, Eyes, Tooth-ach.*

The young Buds or Branches boiled in ordinary Broth, maketh the Belly soluble and easy, and boiled in Whitewine, provoketh Urine, being stopped, and is good against the Strangury or difficulty of making water; it expelleth

Gravel and Stone out of the Kidneys, and helpeth pains in the Reins. The young Buds or Branches boiled in Whitewine or Vinegar, it is prevalent for them that have Arteries loosned, or are troubled with the Hip-Gout or Sciatica. The decoction of the Roots boiled in Wine and taken, is good to clear the Stomach and being held in the Mouth easeth the Tooth-ach; and being taken morning and evening several mornings together, stirreth up Bodily lust in Man or Woman (whatsoever some have written to the contrary.) The Garden Asparagus nourisheth more than the wild, yet hath it the same effects in all the aforementioned Diseases; The Decoction of the Roots in Whitewine, and the Back and Belly bathed therewith, or kneeling or lying down in the

*Reins, Bladder, Mother, Cramp, Colick, Convulsion.*

or sitting therein as a Bath, hath been found effectual against pains of the Reins and Bladder, pains of the Mother, and Colick, and general against all pains that happen to the lower

of the body, and no less effectual against stiff and benumbed Sinews, those that are shrunk by Cramps and Convulsions, and helpeth the Sciatica.

## Ash Tree.

**T**his is so well known, that time will be mis-spent in writing a Description of it; and therefore I shall only insist upon the Vertues of it.

**Government and Vertues.]** It is governed by the Sun, and the young tops with the leaves taken inwardly, and some of them outwardly applied, are singular good against the biting of the

*Adder and Vipers biting, Dropfie, Stone, Jaundies, Leprosie, Scabs, Scald-Heads, Stitches, Stone, Dysury, Rickets.*

Adder, or any other Venomous Beast; and the water distilled there-from, being taken a reasonable quantity every morning fasting, is a singular medicine for those that are subject to a Dropfie, to abate the greatness of those who are too full of fat. The Decoction of the Leaves in Wine

helpeth to break the Stone, and expel it, and cureth the Jaundies. The Ashes of the Bark of the Ash made into Lye, and those Heads bathed therewith, which are Leprous, Scabby or Scald, they are thereby Cured. The Kernels within the Husks, commonly called Ashen-Keys, prevail against Stitches and Pains in the Sides, proceeding of Wind, and voideth away the Stone by provoking Urine.

I can justly except against none of all this, save only the first, viz. That Ash-tree Tops and Leaves are good against the bitings of Serpents and Spiders. I suppose this had its rise from Gerard or Pliny, both which hold, that there is such an Antipathy between an Adder and an Ash-tree, that an Adder be compassed round with Ash-tree Leaves, she will sooner run through the Fire than through the Leaves: the contrary to which is the truth, as both my Eyes are Witness. The rest are Vertues something likely, especially if it be in Winter when you cannot get the Leaves, you may safely use the Bark instead of them. The Keys you may easily keep all the year, gathering them when they are ripe.

*Avens, called also Colewort, and Herb Bonet.*

[Script.] **T**His ordinary Avens hath many long, rough, dark, green winged Leaves rising from the Root, every one made of many Leaves on each side of the middle Rib, the largest three whereof grow at the end, and are snip'd or dented round about the edges: the other being small pieces, sometimes two, and sometimes four, standing on each side of the middle Rib underneath them. Among which do rise up divers rough or hairy Stalks about two foot high, branching forth with Leaves at every joint, not so long as those below, but almost as thick cut in on the edges, some into three parts, some into more. On the tops of the Branches stand small, pale, yellow Flowers, consisting of five Leaves, like the flowers of Cinquifoyl, but large, in the middle whereof standeth a small green orb, which when the Flower is fallen, groweth to be rough and round, being made of many long greenish purple Seeds (like Grains) which will stick upon your Cloaths. The Root consists of many brownish Strings or Fibres, smelling somewhat like unto Onions, especially those which grow in the higher, hotter, and dryer Grounds, and in the freer and clear Air.

[Place] They grow wild in many places under Hedge-sides, and by the high-ways in Fields: yet they rather delight to grow in shadowy than in sunny places.

[Time.] They flower in May and June for the most part, and their Seed ripe in July at the furthest.

[Government and Vertues.] It is governed by Jupiter, and that gives hopes of a wholesome healthful Herb. It is good for the Diseases of the Chest or Breast, for Pains, Stitches in the Sides, and to expel crude and gross humors from the Belly and Stomach by the sweet savour and warming quality. It dissolveth the inward congealed Blood hapning by Colds or Bruises, and the spitting of Blood, if the Roots, either green or dry, be boiled in Wine and drunk; as also all manner of inward Wounds or outward, if they be washed or bathed therewith. The Decoction also being drunk, comforteth the Heart, and strengthneth the Stomach, and a cold Brain, and therefore is good in the Spring time to open Obstructions of the Liver, and

Breast, Stitches, Wind Belly, Stomach inward Wounds, Heart, Cold Brain, Obstructions, Colick, Fluxes, Ruptures, Spits and Marks in the Face, Plague, Poyson, Indigestion.

helpeth the Wind-Colick; it also helps those that have Fluxes, or are stiffen, or have a Rupture; it taketh away Spots or Marks in the Face, being washed therewith. The Juycce of the fresh Root, or Powder of the dried Root, hath the same effect with the Decoction. The Root in the Spring time steeped in Wine, doth give it a delicate savour and taste, and being drunk fasting every morning, comforteth the Heart, and is a good preservative against the Plague, or any other Poyson. It helpeth Digestion, warmeth a cold Stomach, and openeth Obstructions of the Liver and Spleen. It is very safe, you need have no Dose prescribed; and is very fit to be kept in every bodies house.

## Balm.

**T**His Herb is so well known to be an Inhabitant almost in every Garden, that I shall not need to write any Description thereof, although the Vertues thereof, which are many, may not be omitted.

*Government and Vertues.*] It is an Herb of Jupiter, and under Cancer, strengthens Nature much in all its actions. Let a Syrup made with the Juycce of it and Sugar (as you shall be taught at the latter end of the Book) be kept in every Gentlewomans house, to relieve the weak Stomachs and sick Bodies of their poor sickly Neighbours; as also the Herb kept dry in the house, or so with other convenient Simples, you may make it into an Electuary with Honey according as the Disease is, as you shall be taught at the latter end of my Book. The Arabian Physicians have extolled the Vertues thereof

*Mind, Heart, Faintings, Swoonings, Melancholy, Indigestion, Obstruction of the Brain, Heart, Arteries, venomous Beasts, mad Dogs, Terres provokes, Tooth-ack, Bloody-Flux, Mustbrooms, difficulty of Breathing, Gout, Liver, Spleen.*

the Skies, although the Greeks thought it not worth mentioning. Serapio saith, It causeth the Mind and Heart to become merry, and reviveth the Heart, fainting in Swoonings, especially such who are overtaken in Sleep, and driven away all troublesome cares and thoughts out of the Mind arising from Melancholy or Choler; which Avicen also confirmeth. It is very good to help Digestion, and open Obstructions of the Brain; and hath so much purgative quality in it (saith Avicen) as to expel those

Melancholy Vapors from the Spirits and Blood which are in the Heart and Arteries, although it cannot do so in other parts of the Body. Dioscorides saith That the Leaves steeped in Wine, and the Wine drunk, and the Leaves externally applied, is a Remedy against the sting of a Scorpion, and the biting of mad Dogs; and commendeth the Decoction thereof for Womens bath or sit in to procure their Courses; it is good to wash aking Therewith, and profitable for those that have the Bloody-flux. The Leaves also with a little Nitre taken in drink, are good against a Surfeit of Melancholy, helps the griping Pains of the Belly; and being made into an Electuary, it is good for them that cannot fetch their Breath: used with Saltpetre takes away Wens, Kernels or hard Swellings in the Flesh or Throat; it cleanseth foul Sores, and easeth pains of the Gout. It is good for the Liver and Spleen. A Tansie or Caudle made with Eggs, and Juycce thereof while

young, putting to it some Sugar and Rose-water, is good for a Woman in Child-bed, when the After-birth is not thoroughly avoided, and for their Faintings upon or in their sore Travel. The Herb bruised and boiled in a little Wine and Oyl, and lain warm on the Boyl, will ripen and break it.

*Women in Child-bed, Fainting in Travel, Boyls.*

### Barberry.

THE Shrub is so well known by every Boy and Girl that hath but attained to the age of seven years, that it needs no Description.

*Government and Vertues.*] Mars owns the Shrub, and presents it to the use of my Country-men to purge their Bodies

of Choler. The inner Rind of the Barberry-boiled in Whitewine, and a quarter of a pint drunk each morning, is an excellent Remedy to cleanse the Body of Cholerick humours, and free it from such Diseases as Choler causeth, such be Scabs, Itch, Tetters, Ring-

*Choler, Scabs, Itch, Tetters, Ringworms, yellow Jaundice, Boyls, Agues, Burnings, Scaldings, Appetite lost, Hair.*

worms, yellow Jaundice, Boyls, &c. It is excellent for hot Agues, Burnings, Scaldings, Heat of the Blood, Heat of the Liver, Bloody-flux; for the berries are as good as the Bark, and more pleasing, they get a man a good stomach to his Victuals, by strengthening the attractive faculty, which is under Mars, as you may see more at large in the latter end of my Ephemeris for the Year 1651. The Hair washed with the Lye made of the Ashes of the Tree and Water, 'twill make it turn yellow, viz. of Mars his own colour. The Fruit and Rind of the Shrub, the Flowers of Broom and of Heath, or Fuz, cleanse the Body of Choler by Sympathy, as the Flowers, leaves and Bark of the Peach-tree do by Antipathy: because these are under Mars, that under Venus.

### Barley.

THE continual usefulness hereof hath made all ingeneral so acquainted herewith, that it is altogether needless to describe its several kinds thereof plentifully growing, being yearly sown in this Land. The Vertues hereof take as followeth.

*Government and Vertues.*] It is a notable Plant of Saturn, if you view diligently its effects by Sympathy and Antipathy, you may easily perceive a reason of them; as also why Barley-bread is so unwholsome for Melancholic People. Barley in all the parts and compositions thereof (except Malt) more cooling than Wheat, and a little cleansing, and all the preparations thereof, as Barley-water, and other things made

*Feverers, Agues, Stomach, Aposthumes, Inflammations, Spleen.*

thereof, do give great nourishment to persons troubled with Feavers, Agues, and Heats in the stomach. A Pultis made of Barley-meal or powder boiled in Vinegar and Honey, and a few dry Figs put into them, dissolveth all hard Imposthumes, and asswageth Inflammations, being thereto applied. And being boiled with Melilot and Cam-



momile-flowers, and some Linseed, Fenugreek and Rue in Powder, and applied warm, it easeth pains in Side and Stomach, and windiness of Spleen. The Meal of Barley and Flea-wort boiled in Water, and made in

*Ears, Throat, Neck, Kings-Evil, Leprosie, Flux, Gout, Itch, Eyes.*

a Pultis with Honey and Oyl of Lillies applied warm, cureth Swellings under the Ears, Throat, Neck, and such like; and a Plaister made thereof with Tar, Wax and Oyl, helpeth the Kings-Evil in the Throat: boiled with sharp Vinegar into a Pultis, and laid on hot, helpeth the Leprosie: being boiled in Wine with Pomgranate Rinds and Mirtles, stayeth the Lask or other Flux of the Belly; Boiled with Vinegar and Quince, it easeth the pains of the Gout. The Barley-flower, white Salt, Honey and Vinegar mingled together, taketh away the Itch speedily and certainly. The Water distilled from the green Barley in the end of May, is very good for those that have Defluxions of humours fallen into their Eyes, and easeth the pains being dropped into the eyes, or white Bread steeped therein, and bound on to the Eyes, doth the same.

### Garden Bazil, or Sweet Bazil.

**Description.]** **T**HE greater or ordinary Bazil riseth up usually with one upright stalk diversly branching forth on all sides, with two Leaves at every joint, which are somewhat broad and round, yet pointed, of a pale green colour; but fresh, a little snip'd about the edges, and of a strong heady scent. Flowers are small and white, and standing at the tops of the Branches, with small Leaves at the joints, in some places green, in others brown, after which cometh a black Seed. The Root perisheth at the approach of Winter, and therefore must be sown every year.

**Place.]** It only groweth in Gardens.

**Time.]** It must be sowed late, and flowers in the heat of Summer, being a very tender Plant.

**Government and Vertues.]** This is the Herb which all Authors are together by the Ears about, and rail at one another like Lawyers; Galien and Dioscorides hold it not fitting to be taken inwardly; and Chrysopius rails at it with downright Billingsgate Rhetorick. Pliny and the Arabian Physicians defend it.

For mine own part, I presently found that Speech true;

*Non nostrum inter nos tantas componere lites.*

And away to Dr. Reason went I, who told me it was an Herb of Mars, and under the Scorpion, and perhaps therefore called Basilicon, and then no marvel if it carry a kind of virulent quality with it.

**Venomous Beasts, Bees, Wasps, Hornets.** Being applied to the place bitten by a venomous Beast, or stung by a Wasp or Hornet, it speedily draws the Poyson to it; Every like draws his like.

Mizaldus affirms, that it being laid to rot in Horse-dung, it will breed venomous Beasts. And Hollerius, a French Physician, affirms upon his knowledge, That an acquaintance of his by common smelling to it, had a Scorpion bred in his Brain. Something is the matter this Herb and Rue will not grow together, no, nor near one another, and we know Rue to be as great an enemy to Poyson as any grows.

To conclude; It expelleth both Birth and After-birth; and as it helps the deficiency of *Venus* in one kind, so it spoils all her actions in another. dare write no more of it.

### The Bay-Tree.

This is so well known, that it needs no Description; I shall therefore only write the Vertues thereof, which are many.

*Government and Vertues.*] I shall but only add a word or two, to what my friend hath written, viz. That it is a Tree of the Sun, and under the Celestial Sign *Leo*, and resisteth Witchcraft very potently, as also all the evils old *Saturn* can do *Witchcraft.*

to the Body of Man, and they are not a few; for it is the Speech of one, and I am mistaken if it were not *Mizaldus*, that neither Witch nor Devil, Thunder nor Lightning, will hurt a Man in the place where a Bay-tree is. *Galen* saith, that the Leaves or Bark do dry and heal very much, and the Berries more than the Leaves. The Bark of the Root is

sharp and hot, but more bitter, and hath some astriction withal, whereby it is effectual to break the Stone, and good to open Obstructions of the Liver, Spleen, and other inward parts, which bring the Dropsie, Jaundice, &c. The Berries are very effectual against all Poyson of venomous Creatures, and the Stings of Wasps and Bees; as also against the Pestilence, or other infectious Diseases, and therefore is put into sundry Treacles for that purpose; they likewise procure Womens Courses; and seven of them given to a Woman in sore Travel of Child-birth,

Stone, Obstructions of the Liver and Spleen, Dropsie, Poyson, Jaundice, Baes, Wasps, Hornets, Terms provokes, causes Delivery, After-birth, Cough, Eyes, Lungs, shortness of Breath, Megrim, Wind, Vertigo, Dysury, Mother, Worms, Joynts, Nerves, Arteries.

do cause a speedy Delivery, and expel the After-birth, and therefore not to be taken by such as have not gone out their time, lest they procure Abortion, or cause Labour too soon; they wonderfully help all cold and rheumatick Distillations from the Brain to the Eyes, Lungs or other parts. And being made into an Electuary with Honey, do help the Consumption, cold Coughs, shortness of Breath, and thin Rheums; as also the Megrim: they mightily expel Wind, and provoke Urine; help the Mother, and kill the Worms. The Leaves also work the like effects. A Bath of the Decoction of the Leaves and Berries, is singular good for Women to sit in, that are troubled with the Mother, or the Diseases thereof, or the stoppings of their Courses, or for the Diseases of the Bladder, pains in the Bowels by Wind and stopping of Urine. A Decoction likewise of equal parts of Bay-berries, Cummin-seed, Hyssop, Origanum, and Euphorbium, with some Honey, and the Head bathed therewith, doth wonderfully help Distillations and Rheums, and setteth the Pallate of the Mouth into its place. The Oyl made of the Berries is very comfortable in all cold griefs of the Joynts, Nerves, Arteries, Stomach, Belly, or Womb, and helpeth Palsies, Convulsions, Cramps, Aches, Tremblings and Numbness in

any part, weariness also, and pains that come by sore travelling: All greivings and pains proceeding from Wind, either in the Head, Stomach, Belly or Womb, by anointing the parts affected therewith: And pains in the Ears are also cured by dropping in some of the Oyl, or by receiving into the Ears the warm fume of a Decoction of the Berries through a Funnel.

The Oyl takes away the marks of the Skin and Flesh by bruises, falls, and dissolveth the congealed blood in them. It helpeth also the Itch, Scabs, and Wheals in the Skin.

### Beans.

**B**OTH the Garden and Field-Beans are so well known, that it saveth much labour of writing any Description of them. Their Vertues follow [Government and Vertues.] They are Plants of *Venus*; and the distilled Water of the Flower of Garden-Beans, is good to

Spots, Stone, Disury, Inflammations, Womens Breasts, Felons or Andicoms, Boils, Bruises, Ears, Eyes, Leeches, Cods, Swellings, Flux, Pain, Sinews, Sciatica, Gout.

cleanse the Face and Skin from Spots and Wrinkles, and the Meal or Flower of them, or of small Beans, doth the same. The Water distilled from the green Husks, is held to be very effectual against the Stone, and to provoke Urine. The Bean-flower is used in Pultisses to assuage Inflammations rising upon Wounds, and the swelling of Womens Breasts, caused by the curdling of their Milk, and to represseth their Milk: The Flower of Beans and Fenugreek mixed with Honey, and applied to Felons, Boils, Bruises, or blew Marks by Blows, or to Imposthumes in the Kernels of the Ears, helpeth them all: And with Rose-leaves, Frankincense, and the White of an Egg, being applied to the Eyes, helpeth them that are swollen, or do water, or have received any blow upon them, if used with Wine. If a Bean be parted in two, the Skin being taken away, and laid on the place where a Leech hath been set that bleedeth too much, it stayeth the bleeding. Bean-flower boiled to a Pultis with Wine and Vinegar, and some Oyl put thereto, easeth both pain and swelling of the Cods. The Husks boiled in Water to a Consumption of the third part thereof, stayeth a Lask: And the Ashes of the Husks made with old Hogs-grease, helpeth the old Pains, Contusions, and Wounds of the Sinews, the Sciatica and Gout. The Field-Beans have all the aforementioned Vertues as the Garden-Beans.

Beans eaten are extream windy meat; but if after the Dutch fashion when they are half boiled you Husk them, and then stew them (I cannot tell you how, for I never was Cook in all my Life) they are wholsome food.

### French-Beans.

**Descript.]** **T**HIS French or Kidney-Bean, riseth up at first but with a small stalk, which afterwards divideth it self into many branches.

Branches, but also weak, that if they be not sustained with sticks, or poles, they will be fruitless upon the ground: At several places of these Branches grow forth long foot-stalks, with every one of them three broad, round and pointed green leaves at the end of them, towards the top whercof come forth divers Flowers, made like unto Pease-blossoms, of the same colour for the most part that the Fruit will be of; that is to say, white, yellow, red, blackish, or of a deep purple, but white is most usual; after which come long and slender flat Cods, some crooked, some straight, with a string as it were running down the back thereof, wherein are contained flattish round Fruit made to the fashion of a Kidney: the Root is long, and deep, with many strings annexed to it, and perisheth every year.

There is another sort of French-Beans commonly growing with us in this Land; which is called the Scarlet-flowered Bean.

This riseth up with sundry branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining, but turning contrary to the other, having foot-stalks with three Leaves on each, as on the other: The Flowers are in fashion like the other; but many more set together, and of a most Oriental Scarlet colour. The Beans are larger than the ordinary kind, of a deep Purple colour, turning black when it is ripe and dry: The Root perisheth also in Winter.

[Government and Vertues.] These also belong to Dame Venus, and being dried and beat to Powder, are as great strengtheners of the Kidneys as any; neither is there a better Remedy than it, a dram at a time taken in Whitewine to prevent the Stone, or to cleanse the Kidneys of Gravel or Stoppage. The ordinary French-Beans are of an easie digestion, they move the Belly, provoke Urine, enlarge the Breast that is streightned, with shortness of Breath, engender Sperm, and incite to Venery.

*Disury, shortness of Breath, incite to Venery.*

And the Scarlet-coloured Beans, in regard of the glorious beauty of their colour, being set near a Quick-set Hedge, will bravely adorn the same by climbing up thereon, so that they may be discerned a great way, not without admiration of the beholder at a distance. But they will go near to kill the Quick-sets by Cloathing them in Scarlet.

*A Gallant shew.*

### Ladies Bed-straw.

Besides the common Name above-written, it is called Cheese-Rennet because it performs the same office; as also Gallion, Pettimugget, and Maids-Hair, and by some wild Rosemary.

[Descript.] This riseth up with divers small, brown, and square upright stalks a yard high, or more, sometimes branches forth into divers parts, full of joints, and with divers very fine small Leaves at every one of them, little or nothing rough at all: at the tops of the Branches grow many long Tufts or Branches of yellow Flowers very thick set together, from the several Joints which consist of four Leaves a piece, which smell somewhat strong, but not unpleasant: the Seed is small and black like Poppy-seed, two for the most part joyned together;



The Root is reddish, with many small threds fastned unto it, which takes hold of the ground, and creepeth a little; and the Branches leaning a little to the ground, take Root at the Joynts thereof, whereby it is easily encreased.

There is also another sort of Ladies Bed-straw growing frequently in England, which beareth white Flowers as the other doth yellow; but the Branches are so weak, that unless it be sustained by the Hedges, or other things near it groweth: it will lie down to the ground; the Leaves a little bigger than former. and the Flowers not so plentifully as those; and the Root hereof is steridly and abiding.

Place.] They grow in Meadows and Pastures both wet and dry, by the Hedges.

Time.] They flower in May for the most part, and the seed is ripe July and August.

Government and Vertues.] They are both Herbs of Venus, and therefore strengthening the parts both internal and external which she rules.

Decoction of the former of those being drinke is good to fret and break the Stone, promote Urine, stayeth inward Bleeding, and heal inward Wounds. The Herb or Flower bruised and put up into the Nostrils, stayeth inward Bleeding likewise; The Flowers and Herbs being made into an Oyl; by being set in the Sun, and changed after it hath stood ten or twelve days; or into an Ointment being boiled in *Axungia* or Sallet Oyl, with some Wax melted therein, after it is strained; either the Oyl made thereof, or the Ointment, do help Burnings with Fire, Scaldings with Water. The same also, or the Decoction of the Herb and Flower is good to bathe the Feet of Travellers and Lacquies, who long running causeth Weariness and stiffness in their Sinews and Joynts. If the Decoction be used warm, and the Joynts afterwards anointed with Ointment, it helpeth the dry Scab, and the Itch in Children; and the Herb with the white Flower is also very good for the Sinews, Arteries and Joynts, to comfort and strengthen them after Travel, Cold, and Pains.

### Beets.

OF Beets there are two sorts, which are best known generally, whereof I shall principally treat at this time, viz. The white and red Beets and their Vertues.

Descript.] The common white Beet hath many great Leaves next the ground, somewhat large, and of a whitish green colour; the Stalk is great, firm and ribbed, bearing great store of Leaves upon it, almost to the very top of it. The Flowers grow in very long tufts, small at the end, and turning down to the heads, which are small, pale, greenish, yellow Burs, growing cornered prickled. The Root is great, long and hard, and when it hath given seed, is of no use.

The common Red Beet differeth not from the White, but only it is lesser, and the Leaves and the Roots are somewhat red; The Leaves are differently red, some only with red stalks or veins; some of a fresh red, and others of a dark red. The Root thereof is red, spungy, and not used to be eaten.

[Government and Vertues.] The Government of these two sorts of Beets is far different; the red Beet being under Saturn, and the white under Jupiter; therefore take the Vertues of them apart, each by himself. The white Beet doth much loosen the Belly, and is of a cleansing and digesting quality, and provoketh Urine. The Juicy of it openeth Obstructions both of the Liver and Spleen, and is good for the Head-ach and Swimmings therein, and Turnings of the Brain; and is effectual also against all venomous Creatures; and applied unto the Temples, stayeth Inflammations in the Eyes; it helpeth Burnings, being used without Oyl, and with a little Allum put to it; it is good for St. Anthony's Fire. It is good also for all Wheals, Pustles, Blisters, and Blains in the Skin; The Herb boyled and laid upon Chilblains or Kibes, helpeth them. The Decoction thereof in Water and some Vinegar, healerth the Itch, if bathed therewith, and cleanseth the Head of Dandriff, Scurf, and dry Scabs, and doth much good for fretting and running Sores, Ulcers, and Cankers in the Head, Legs, or other parts, and is much commended against Baldness and shedding of Hair.

Cleanse, Digest, Dysury, Obstructions of the Liver and Spleen, Vertigo, Venomous Beasts, Burnings, St. Anthony's Fire, Wheals, Blisters, Chilblains, Kibes, Itch, Dandriff, Scabs, Ulcers, Canker, Baldness.

The red Beet is good to stay the Bloody-flux, Womens Courses and the Whites, and to help the yellow Jaundice. The Juicy of the Root put into the Nostrils, purgeth the Head, helpeth the Noise in the Ears, and the Tooth-ach; the Juicy snuffed up the Nose, helps a stinking Breath if the cause lies in the Nose, as many times it doth, if any Bruise hath been there, as also want of Smell coming that way.

Flux, Terms, stops Whites, Stinking Breath, Noise in the Ears, Smell lost.

### Water-Betony.

Called also Broom-wort, and in Yorkshire, Bishops Leaves.

[Description] First of the Water-Betony, which riseth up with square, hard, greenish Stalks, sometimes brown, set with broad dark green Leaves, dented about the edges with notches, somewhat resembling the Leaves of the Wood-Betony, but much larger, two for the most part set at a joynt. The Flowers are many, set at the tops of the Stalks and Branches, being round bellied and open at the brims, and divided into two parts, the uppermost being like a Hood, and the lowermost like a Lip hanging down, of a dark red colour, which passing away, there comes in their places small round heads, with small points in the ends, wherein lie small and brownish Seeds; The Root is a thick bush of strings and shreds growing from the Head.

Place.]

*Place.]* It groweth by Ditches-sides, Brooks, and other Water-courses generally through this Land, and is seldom found far from the Water-side.

*Time.]* It flowreth about July, and the seed is ripe in August.

*Government and Vertues.]* Water-Betony is an Herb of Jupiter in Cancer, and is appropriated more to Wounds and Hurts in the Breast than Water-Betony, which follows. It is an excellent Remedy for sick Hogs. It has

*Ulcers.*

*Bruises.*

*Sun-burning.*

a cleansing quality: the Leaves bruised and applied are effectual for all old and filthy Ulcers, and especially if the Juice of the Leaves be boyled with a little Honey, and dipped therein, and the Sores dressed therewith; as also Bruises or Hurts, whether inward or outward.

The distilled Water of the Leaves is used for the same purposes; as also to bathe the Face or Hands spotted or blemished or discoloured by Sun-burning.

I confess I do not much fancy distilled Waters, I mean such Waters are distilled cold; some Vertues of the Herb they may happily have (were a strange thing else) but this I am confident of, that being distilled in a Pewter Still, as the vulgar and apish fashion is, both Chymical Oyle and Salt is left behind, unless you burn them, and then all is spoiled, Water and all, which was good for as little as can be by such a Distillation. You have the best way of Distillation in my Translation of the London Dispensatory.

### Wood-Betony.

*Descript.]* Common or Wood-Betony hath many Leaves rising from the Root, which are somewhat broad and round at the end, roundly dentate about the edges, standing upon long foot-stalks, from among which rise up square, slender, but yet upright hairy stalks with some Leaves thereon, two piece at the joints, smaller than the lower, whereon are set several spiked Heads of Flowers like Lavender, but thicker and shorter for the most part, and of reddish or purple colour, spotted with white spots both in the upper and lower part. The Seeds being contained within the Husks that hold the flowers, are black, somewhat long and uneven. The Roots are many white threddy strings; the Stems perisheth, but the Roots, with some Leaves thereon, abide all the Winter. The whole Plant is somewhat small.

*Place.]* It groweth frequently in Woods, and delighteth in shady places.

*Time.]* And it flowreth in July, after which the Seed is quickly ripe yet in its prime in May.

*Government and Vertues.]* The Herb is appropriated to the Planet Jupiter and the Sign Aries. Antonius Musa, Physician to the Emperour Augustus Caesar, wrote a peculiar Book of the Vertues of this Herb; and among other Vertues, saith of it, That it preserveth the Liver and Bodies of Men from

in the danger of Epidemical Diseases, and Witchcrafts also: It is found by daily experience to be good for many Diseases: It helpeth those that loath, or cannot digest their food, those that have weak Stomachs, or sour humors, or continual rising in their Stomachs, either green or dry; either made of Herb or Root, or the Flowers in Broth, Ale or Mead, or made into Conserve, Syrup, Electuary or Powder, as every one may frame themselves unto, or as the time or occasion requireth, taken any of the aforesaid ways, helpeth the Jaundice, Falling-sickness, the Palsies, Convulsions or shrinking of the Sinews, the Stitches, and those that are inclined to Dropsie, and those that have continual pains in their Head, though it turn to Phrensie. The Powder mixed with pure Honey is no less available for all sorts of Coughs or Colds, Wheezing or shortness of Breath, Distillations of thin Rheum upon the Lungs, which causeth Consumptions. The Decoction made with Mead, and a little Penny-wort, is good for those that are troubled with the Agues, whether Quotidian, Tertian, or Quartan, and to draw down and evacuate the blood and humours, that by falling into the Eyes, do hinder the sight: the Decoction thereof made in Wine, and taken, killeth the Worms in the Belly, openeth Obstructions both of the Spleen and Liver, and the Stitches, and the Pains in the Back or Sides, the torments and gripings of the Bowels and the Wind-Colick: and mixed with Honey, purgeth the Belly, helpeth to bring down Womens Courses, and is of special use for those that are troubled with the falling down of the Mother, and the pains thereof, and causeth an easie and speedy delivery of Women in Child-birth: it helpeth also to break and expel the Stone either in the Bladder or Kidneys. The Decoction with Wine gargled in the Mouth, easeth the Tooth-ach. It is commended against the stinging or biting of venomous Serpents or mad Dogs, being used inwardly, and applied outwardly to the place. A dram of the Powder of Betony, taken with a little Honey in some Vinegar, doth wonderfully refresh those that are over-wearied with Travel; it stayeth Bleeding at the Mouth or Nose, and helpeth those that piss or spit Blood, and those that are bursten, or have a Rupture, and is good for such as are bruised by any Fall, or otherwise. The green Herb called Betony, or the Juyc applied to any inward Hurt, or outward green wound in the Head or Body, will quickly heal and close it up; as also the Veins or Sinews that are cut; and will draw forth any broken Bone or Splinter, Thorn, or other thing gotten into the Flesh: It is no less profitable for old Sores or filthy Ulcers; yea though they be fistulous and hollow



low, but some do advise to put a little Salt to this purpose, being with a little Hogs Lard. It helpeth a Plague-Sore, and other Boils Pushes: the fumes of the Decoction while it is warme, received by a nel into the Ears, easeth the pains of them, destroyeth the Worms cureth the running Sores in them: The Juyce dropped into them, the same. The Root of Betony is displeasing both to the taste and mach; whereas the Leaves and Flowers by their sweet and spicy taste comfortable both in Meat and Medicine.

These are some of the many Vertues *Antony Musa* an expert Physic (for it was not the practice of *Othavius Casar* to keep fools about) appropriates to Betony; It is a very precious Herb, that is certainly most fitting to be kept in a Mans house both in Syrup, Conserve, Oyntment and Plaister. The Flowers are usually conserved.

### The Beech-Tree.

**I**N treating of this Tree, you must understand that I mean the great Beech; which is by way of distinction from that other small sort, called in *Suffex* the small Beech; but in *Essex* Horn-beam.

I suppose it is needless to describe it, being already so well known my Countrymen.

*Place*] It groweth in Woods amongst Oaks and other Trees, and Parks, Forests and Chases to feed Deer; and in other places to fatten Swine. *Time*] It bloometh in the end of *April* or beginning of *May*, for the most part, and the Fruit is ripe in *September*.

*Governments and Vertues*.] It is a Plant of *Saturn*, and therefore perfect his qualities and properties in these Operations: The Leaves of the Beech-Tree are Cooling and Binding, and therefore good to be applied to hot Swellings to draw out the humors: The Nuts do much nourish such as feed thereon. The Water that is found in the hollow places of decaying Beeches, will cure both Man and Beast any Scurf, Scab, or running Tettors, if they be washed therewith. You may boyl the Leaves into a Pultis, or make an Oyntment of them, which time of year serves.

**Bilberries; called by some, Whorts and Whortle-Berries.**

*Descript.*] **O**F these I shall only speak of two sorts, which are common in England, viz. The Black and Red Bilberries. And first of the Black.

The small Bush creepeth along upon the Ground, scarce rising half a yard with divers small dark green Leaves set on the green Branches, not one against the other, and a little dented about the edges: At the end of the Leaves come forth small, hollow, pale, bluish-coloured Flowers, the stalks ending in five points, with a reddish thread in the middle, which pass into round Berries of the bigness and colour of Juniper-berries, but of a purplish sharp taste; the Juyce of them giveth a purplish colour to their hands.

that eat and handle them, especially if they break them. The Root groweth under-ground, shooting forth in sundry places as it creepeth. This loseth its force in Winter.

**Red Bilberries or Whortle-bush**, riseth up like the former, having sundry Leaves, like the Box-tree Leaves, green and round pointed, standing on the al Branches, at the top whereof only, and not from the sides, as in the former, forth divers round Flowers, of a pale red Colour, after which succeed round, sly, sappy Berries, when they are ripe, of a sharp taste. The Root runneth in ground, as in the former, but the Leaves of this abide all the Winter.

**Place**] The first groweth in Forests, on the Heaths, and such like bar-Places: The Red grows in the North parts of this Land, as Lancashire, shire, &c.

**Time**] They flower in March and April, and the Fruits of the Black is in June and July.

**Government and Vertues.**] They are under the Dominion of Jupiter. It is they are used no more in Physick than they are. The Black Bilberries good in hot Agues, and to cool the heat of

Liver and Stomach; they do somewhat Agues, Stomach, Liver, d the Belly, and stay Vomitings and Loath- Vomiting, Appetite lost, s; the Juycce of the Berries made into a Syr- Cough, Fluxes.

, or the Pulp made into a Conserve with ear, is good for the purposes aforesaid, as also for an old Cough, or an cer in the Lungs, or other Diseases therein. The Red Whorts are more ding, and stop Womens Courses, spitting of Blood, or any other Flux Blood or Humours, being used as well outwardly as inwardly.

### Beisfoyl, or Twablade.

**Script.**] **T**His small Herb from a Root somewhat sweet, shooting downwards many long strings, riseth up a round green Stalk, bare or naked at the Ground for an inch, two or three, to the middle thereof, as it is in Age growth; as also from the middle upward to the Flowers, having only two broad meane-like Leaves (but whiter) set at the middle of the Stalk one against another, and compasseth it round at the bottom of them.

**Place**] It is an usual Inhabitant in Woods, Copses, and in many other places in this Land.

There is another sort grows in wet Grounds and Marshes, which is somewhat different from the former: It is a smaller Plant, and greener, having sometimes three Leaves; the Spike of the Flowers is less than the former, and the Roots of this do run or creep in the Ground.

They are much and often used by many to good purpose for Wounds both green and old. Wounds, Ruptures. and to consolidate or knit Ruptures, and well may, being a Plant of Saturn.

## The Birch-Tree.

**Descript.]** **T**His groweth a goodly tall straight Tree, fraught with many and slender Branches bending downwards; the old being with a discoloured chapped Bark, and the younger being browner by much: The at the first breaking out are crumpled, and afterwards like the Beech-leaves smaller and greener, and dented about the edges. It beareth small short somewhat like those of the Hazel Nut-tree, which abide on the Branches time, until growing ripe, they fall on the ground, and their seed with them. Place.] It usually groweth in Woods.

**Government and Vertues.]** It is a Tree of Venus, the Juyce of the while they are young, or the distilled Water of them, or the Water comes from the Tree being boyled with gre, and distilled afterwards; any of the ing drunk for some days together, is av to break the Stone in the Kidney and Bladder, and is good also to fore Mouths.

## Birds-foot.

**T**His small Herb groweth not above a span high, with many Branches spread upon the Ground, set with many wings of small Leaves. Flowers grow upon the Branches many small ones of a pale yellow Colour being set a head together, which afterward turned into so small jointed Cods, well resembling the Claws of small Birds, whence it took its name.

There is another sort of Birds-foot in all things like the former, a little larger; the Flowers of a pale whitish red colour, and the Cods distinct by joynts like the other, but a little more crooked, and the Root carry many small white knots or kernels amongst the strings.

**Place.]** These grow on Heaths, and many open untilld places of this Time.] They flower and seed in the end of Summer.

**Government and Vertues.]** They belong to Saturn, and are of a drying binding quality, and thereby very good used in Wound-drinks, as also to apply wardly for the same purpose. But the Birds-foot is found by experience to break

Stones in the Back or Kidneys, and drive them forth, if the Deco thereof be taken; and it wonderfully helpeth the Rupture, being inwardly, and outwardly applied to the place.

All Salts have best Operation upon the Stone, as Ointments and Plasters have upon Wounds; and therefore you may make a Salt of this for the Stone; the way how to do so, may be found in my Translation of the London Dispensatory; and it may be I may give you again in plainer Terms the latter end of this Book.

## Bishops-Weed.

**B**esides the common name Bishops-Weed, it's usually known by the name Ammi and Ammios; some call it *Aethiopian Camminisied*,

rs Cummin Royal; as also Herb-William, and Bull-Wort.

[Description.] Common Bishops-Weed riseth up with a round straight Stalk, sometimes as high as a Man, but usually three or four Foot high, beset with divers long, and somewhat broad Leaves, cut in some places, and dented about the edges, growing one against another, of a dark green colour, having sundry Branches from the sides, and at the top small Umbles, of white Flowers, which turn into small round Seeds, little bigger than Parsley-seed, of a quick hot scent and taste: The Root is white and stringy, perishing yearly after it hath seeded, and usually riseth from its own sowing.

[Place.] It groweth wild in many places in England and Wales, as between Heath and Gravesend.

[Government and Vertue.] It is hot and dry in the third degree, of a bitter taste, and somewhat sharp withal; it provokes

to purpose: I suppose Venus owns it. It Disurges, Terms provokes, esteth Humours, provoketh Urine and Wind Colick, Venomous Wounds, dissolveth Wind, and being taken Beasts, Cantharides, black Vine, it easeth pains and griping in the Bow- and blew Spots, high Colour, and is good against the biting of Serpents; low, Mother. It is used to good effect in those Medicines which are given to hinder the poysonful Operation of Cantharides upon the passage of the Urine; being mixed with Honey, and applied to black and blue marks, coming of blows or bruises, it takes them away; and be- drunk or outwardly applied, it abateth an high Colour, and makes it clear, and the Fumes thereof taken with Rosin or Raisins, cleanseth the throat.

### Bistort or Snakeweed.

is called Snakeweed, English Serpentry, Dragon-wort, Osterick, and Passions.

[Description.] This hath a thick, short knobbed Root; blackish without, and somewhat reddish within, a little crooked or turned together, of an harsh astringent taste, and divers black threads hanging there, from whence spring up every year divers roots standing upon long foot-stalks, being somewhat broad and long like a Dock-root, and a little pointed at the ends, but that it is of a blewish green Colour on the upper-side, and of an Ash-colour Gray and a little purplish underneath, with many Veins therein; from among which rise up divers small and slender Stalks, four or five Foot high, and almost naked, and without Leaves, or with very few and narrow, bearing a spiky bush of pale coloured Flowers; which being past, there abides a small seed, somewhat like unto Sorrel-seed, but greater.

There are other sorts of Bistort growing in this Land, but smaller, both in the root, and stalks, and especially in the Leaves. The Root blackish without, somewhat whitish within, of an austere binding taste as the former.

[Place.] They grow in shadowy moist Woods, and at the foot of the Hills, and are chiefly nourished up in Gardens. The narrow-leaved Bistort groweth in the North, in Lancashire, Yorkshire and Cumberland.

[Time.] They Flower about the end of May, and the Seed is ripe about the beginning of July.



*Government and Vertues.*] It belongs to *Saturn*, and is in Operation

*Poyson, Plague, Small-Pox, Measles, Purples, Epidemical Diseases, Inward Bleeding, Flux, Vomiting, Ruptures, Jaundice, Venomous Beasts, Ulcers, Abortion, Worms, Diabetes, Running of the Reins, Wounds, Bleeding, Matrix, Terms Stops, Tooth-ach, Head, Cankers, Gums, Inflammations, Almonds of the Ears.*

and dry; both the Leaves and Roots have a powerful faculty to resist all Poyson. The Root in Powder taken in drink, expelleth the Vapours of the Plague, the Small Pox, Measles, or any other infectious Disease, driving them out by Sweating. The Root in Powder, the decoction thereof in Wine being drunk, stoppeth all manner of inward bleeding or spitting of Blood, and any Fluxes in the Body of Man or Woman, or Vomiting. It is also available against Ruptures, or Burstings, Bruises of Falls, dissolving the congealed Blood, and easing the Pains that happen thereby, it also helpeth the Jaundice. The Water distilled from both Leaves and Roots, is a fine

Remedy to wash any place bitten or stung by any Venomous Creature, also for any of the purposes before spoken of, and is very good to wash running Sores or Ulcers. The Decoction of the Root in Wine being drunk, hindereth Abortion or Miscarriage in Child-bearing. The Leaves also kill the Worms in Children, and is a great help to them that cannot keep Water, if the Juyce of Plantane be added thereto, and outwardly applied, much helpeth the Gonorrhoea, or Running of the Reins. A dram of Powder of the Root taken in Water thereof, wherein some red hot Iron Steel hath been quenched, is also an admirable help thereto, so as they may be first prepared and purged from the offensive Humours. The Leaves, Seed, or Roots, are all very good in Decoctions, Drinks, or Lotions, inward or outward Wounds, or other Sores. And the Powder strewn on any Cut or Wound in a Vein, stayeth the immoderate Bleeding thereof. The Decoction of the Roots in Water, whereupon some Pomgranate and Flowers are added, injected into the Matrix, stayeth the access of Humours to the Ulcers thereof, and bringeth it to its right place, being laid down, and stayeth the immoderate Flux of the Courses. The Root with Pellitory of Spain, and burnt Allum, of each a little quantity, being small, and made into Past, with some Honey, and a little piece thereof put into an hollow Tooth, or held between the Teeth, if there be not hardness in them, stayeth the Defluxion of Rheum upon them, which causes Pains, and helps to cleanse the Head, and void much offensive Water. The distilled Water is very effectual to wash Sores or Cankers in the Nose, or any other part, if the Powder of the Root be applied thereunto afterwards. It is good also to fasten the Gums, and to take away the Heat and Inflammations that happen in the Jaws, Almonds of the Throat or Mouth. The Decoction of the Leaves, Roots, or Seeds be used, or the Juyce of them; but the Roots are most effectual to the purposes aforesaid.

One Blade.

**Script.]** This small Plant never beareth more than one Leaf, but only when it riseth up with its stalk, which thereon beareth another and dom more, which are of a blewish green colour, broad at the bottom, and point- with many Ribs or Veins like Plantane: At the top of the stalk grow many all flowers Star fashion, smelling something sweet, after which come small lish Berries when they are ripe. The Root small, of the bigness of a Rush, and creeping under the upper crust of the Earth, shooting forth in divers

**Place.]** It grows in moist, shaddowy, grassie places of Woods, in many

**Time.]** It flowreth about May, and the Berries be ripe in June, and then ickly perisheth, until the next Year it springeth from the same again.

**Government and Vertues]** It is an Herb of the Sun, and therefore Cordial, If a dram, or a dram at most of the Roots hereof, in Powder taken in ine and Vinegar, of each a like quantity, and the Party presently laid sweat, is held to be a sovereign Remedy for those that are infected with e Plague, and have a Sore upon them, by ex- illing the Poyson, and defending the Heart Pestilence, Wounds, Nerves, d Spirits from danger; It is also accounted a Sinews, hurts. gular good Wound Herb, and therefore used

ith other Herbs in making such Balms as are necessary for the Curing of unds, either green or old, and especially if the Nerve or Sinews be

The Bramble, or Black-Berry-Bush.

It is so well known, that it needeth no Description. The Vertues thereof are as followeth.

**Government and Vertues]** It is a Plant of Venus and Aries, you shall have ne Directions at the latter end of the Book, for the gathering of all rbs and Plants, &c. If any ask the reason why Venus is so prickly? all them, 'tis because she is in the House of Mars. The Buds, Leaves, d Branches, while they are green, are of a

od use in the Ulcers and putrid Sores of the Mouth and Throat, and for the Quinsie; and ewise to heal other fresh Wounds and Sores, at the Flowers and Fruit unripe are very bind- g, and so profitable for the Bloody-Flux, lks, and are a fit Remedy for spitting of

ood. Either the Decoction or Powder of the oot being taken, is good to break or drive forth Gravel, and the Stone he Reins and Kidneys. The Leaves and Brambles as well green as dry, xcellent good Lotions for sores in the Mouth or Secret Parts. The De- ction of them, and of the dry'd Branches, do much bind the Belly, and are od for too much flowing of Womens Courses; the Berries of the flowets are powerful Remedy against the Poyson of the most venomous Serpents, as well

Ulcers, Sores, Quinsies, Wounds, Flux, Bloody- Flux, Spitting Blood, Gra- vel, Stone, Secrets, Terms stops, Poyson, Venomous Beasts.

*Fundament, Piles, Fevers, Head, Eyes, Itch, Scabby Heads.*

drunk as outwardly applied, helpeth the Sore the Fundament, and the Piles. The Juice of Berries mixed with the juice of Mulberries, bind more effectually, and help fretting and ing Sores and Ulcers wheresoever. The dist

Water of the Branches, Leaves and Flowers, or of the Fruit, is very pleasant in taste, and very effectual in Fevers, and hot Distempers of the Body, in Eyes, and other parts, and for all the purposes aforesaid. The Leaves be in Lye, and the Head washed therewith, healeth the Itch, and the running Sores thereof, and maketh the Hair black. The Powder of the leaves spread on Cankers and running Ulcers, doth wonderfully help to heal them. Some use to condensate the Juice of the Leaves, and some the Juice of Berries, to keep for their use all the year, for the purposes aforesaid,

### Blites.

**Descript.]** **O**f these there are two sorts commonly known, viz. White and Red. The White hath Leaves somewhat like unto Beets, but somewhat rounder, and of a whitish green Colour, every one standing upon a small long stalk; the stalk riseth up two or three foot high, with such like Leaves thereon; the Flowers grow at the top in long round Tufts or Clusters, wherein are contained small and round Seeds; the Root is very full of threads or strings.

The Red Blite is in all things like the White, but that his Leaves and tufted Heads are exceeding red at first, and after turn more purplish.

There are other kind of Blites which grow wild, differing from the former sorts but little, but only the wild are smaller in every part.

**Place.]** They grow in Gardens, and wild in many places in this Land. **Time.]** They Seed in August and September.

**Government and Vertues.]** They are all of them cooling, drying, binding, serving to restrain the Fluxes of

*Reds and Whites in Women.*

in either Man or Woman, especially the Whites, which also stayeth the over-flowing of Women's Reds, as the White Blites stayeth the Whites

in Women: It is an excellent Secret, you cannot well fail in the use of them, for they are all under the Dominion of Venus.

There is one other sort of wild Blites like the other wild kinds, which have long and spike Heads of greenish Seed, seeming by the thick setting together to be all Seed.

This sort the Fishes are delighted with, and it is a good and usual bait for Fishes will bite fast enough at them, if you have but wit enough to catch them when they bite.

### Borrage and Bugloss.

**T**Hese are so well known to the Inhabitants in every Garden, that I hold it needless to describe them.

To these I may add a third sort, which is not so common, nor so well known; and therefore I shall give you its Name and Description.

It is called *Langue de-beef*; but why then should they call one Herb by the Name *Bugloss*, and another by the Name *Langue de-beef*, it's to me some question, seeing one signifies *Ox-Tongue* in Greek, and the other signifies the same in French.

**Description.]** The Leaves thereof are smaller than those of *Bugloss*, but much rougher; the stalks rising up about a foot and an half high, and is most commonly of a red colour; the Flowers stand in scaly rough heads, being composed of many small yellow flowers, not much unlike to those of *Dandelyon*, and the seed flyeth away in Down, as that doth: you may easily know the flowers by their taste, for they are very bitter.

**Place.]** It groweth wild in many places of this Land, and may be plentifully found near London, as between *Redriff* and *Debsford*, by the *Ditch-edges*. Its Vertues are held to be the same with *Borrag* and *Bugloss*, only this is somewhat hotter.

**Time.]** They flower in June and July, and the Seed is ripe shortly after.

**Government and Vertues.]** They are all three Herbs of *Jupiter*, and under *Leo*, all great Cordials, great strengthners of Nature. They are very Cordial. The Leaves and Roots are to very good purpose used in Putrid and Pestilential

Fevers, to defend the Heart, and help to resist and expel the Poyson or the Venom of other creatures; the seed is of the like effects; and the Seed and Leaves are good to encrease Milk in Womens Breasts; the Leaves, Flowers and seed, all, or any of them, are good to expel crassities and Melancholy, it helpeth to clarify the Blood, and mitigate heat in Fevers. The Juice made into a Syrup, prevails much to all the purposes aforesaid, and is

used with other cooling, opening and cleansing Herbs, to open Obstructions and help the Yellow Jaundice, and mixed with *Fumitory*, to cool, cleanse and temper the Blood thereby; it helpeth the Itch, Ring-worms and Tetter, or other spreading Scabs or Sores. The Flowers Candied or made into a Conserve, are helping in the former Causes, but are chiefly used as a Cordial, and are good for those that are weak with long Sickness, and to comfort the Heart and Spirits of those that are in a Consumption, or troubled with often Swoonings, or Passions of the Heart: The Distilled Water is no less effectual to all the purposes aforesaid, and helpeth the redness and inflammations of the Eyes, being washed therewith; The dried Herbs is never used but the green; yet the Ashes thereof boiled in Lead or honyed Water, is available against the Inflammations and ulcers in the Mouth or Throat, to wash and gargle it therewith. The roots of *Bugloss* are effectual, being made into a licking Electuary for the Cough, and to condensate thick Fleem, and the Rheumatick distillations upon the Lungs,

Fevers, Pestilence, Poyson, Venomous Beasts, Milk in Nurses, Melancholy, Ill Blood, Yellow Jaundice, Itch, Ring-worms, Tetter, Scabs, Weakness by long Sickness, Consumption, Swooning, Inflammations, Ulcers, sore Mouths and Throat, Cough, Fleem.



## Blew-Bottle.

**I**T is called *Syanus*, I suppose from the colour of it ; *Hurt-Sicle*, because it turns the edge of the Sickles that reap the Corn ; *Blew blow*, *Corn flower*, and *Blew-bottle*.

**Descript.]** I shall only describe that which is commonest, and in my opinion most useful : Its Leaves spread upon the ground, being of a whitish green colour, somewhat on the edges like those of *Corn Scabious*, amongst which riseth up a stalk divided into divers branches, beset with long Leaves of a greenish colour either very little indented, or not at all : The flowers are of a blew colour, from whence it took its Name, consisting of an innumerable company of small flowers, set in a fealy head, not much unlike those of *Knap-weed* : The Seed is smooth, bright, shining, wrapped up in a woolly Mantle : The Root perisheth every Year.

**Place.]** They grow in Corn-fields, amongst all sorts of Corn (*Peas*, *Beans*, and *Tares* excepted) if you please to take them up from thence, and transplant them in your Garden, especially toward the Full Moon, they will grow more double than they are, and many times change colour.

**Time.]** They flower from the beginning of *May*, to the end of *Harvest*.  
**Gouvernement and Virtues.]** As they are naturally cold, dry, and binding, they are so under the Dominion of *Saturn*. The Powder or dried Leaves

of the *Blew-bottle*, or *Corn flower*, is given with good success to those that are bruised by a fall, or have broken a Vein inwardly, and void the Blood at the Mouth ; being taken in the Juice of *Plantane*, *Horsetail*, or the greater *Consody*, as a Remedy against the Poyson of the *Scorpion*, and resisteth all Venoms and Poyson. The Seed or Leaves taken in Wine is very good against the Plague, and all Infectious Diseases, and is very good in Pestilential Fevers. The Juice put into fresh or green Wounds doth quickly scdder up the Lips of them together, and is very effectual to heal all Ulcers, and Sores in the Mouth : The Juice dropped into the Eyes, take away the heat and inflammation of them. The distilled Water of this Herb, hath the same Properties, and may be used for the effect aforesaid.

## Brank Ursine.

**B**ESIDES the common Name *Brank Ursine*, it is also called *Bears-bane* and *Acanthus*, tho I think our English Names to be more proper than the Greek word *Acanthos*, signifies any Thistle whatsoever.

**Descript.]** This Thistle shooteth forth very many large, thick, sad green, fleshy Leaves upon the ground, with a very thick and juicy middle Rib ; The Leaves parted with sundry deep gashes on the edge ; The Leaves remain a long time before any stalk appears, afterwards riseth up a reasonable big stalk, three or four foot high, and bravely decks with flowers from the middle of the stalk upwards, for on the lower part of the stalk, there is neither Branch nor Leaf.

flowers are hooded and gaping, being white in colour, and standing in brownish husks, with a long small undivided Leaf, under each Leaf; they seldom Seed in our Country. Its Roots are many, great and thick, blackish without, and whitish within, full of a clamish sap, a piece of them, if you set in the Garden, and defend them from the first Winters cold, will grow and flourish.

*Place.*] They are only nursed up in Gardens in England, where they will grow very well.

*Time.*] It flowreth in June and July.

*Government and Vertues.*] It is an excellent Plant under the Dominion of the Moon; I could wish such as are studious, would labour to keep it in their Gardens. The Leaves being boyled and used in Clysters, are excellent good to mollify the Belly, and make the Passages slippery. The Decoction drunk inwardly, is excellent good for the Bloody-flux. The Leaves being bruised, and rather boiled and applied like Pultis, are exceeding good to unite broken bones, and strengthen Joynts that have been put out. The decoction of either Leaves or Roots being drunk, and the decocted Leaves applied to the place, is excellent good for the King-evil that is broken and runneth; for by the influence of the Moon it reviveth the ends of the Veins which are relaxed: There is scarce a better Remedy to be applied to such places as are burnt with Fire than this is, for it fetches out the Fire and heals without a scar. This is an excellent Remedy for such that are Eusthen, being either taken inwardly, or applied to the place. In like manner used, helps the Cramp and the Gout. It is excellent good in Hectick Feavers, and restores Radical Moisture to such as are in Consumptions.

Bloody-flux, Fractures, Dislocations, Kings-evil, Burnings, Ruptures, Cramp, Gout, Dysury, Hectick Fever, Radical Moisture.

### Briony, or Wild Vine.

It is called Wild, and Wood Vine, *Tamus*, our Ladies Seal. The white is called White Vine by some; and the black Black Vine.

*Description.*] The common White Briony groweth ramping upon the Hedges, sending forth many long, rough, very tender branches at the beginning, with many very rough broad Leaves thereon, cut (for the most part) into five partitions, in form very like a Vine Leaf, but smaller, rougher, and of whitish or hoary green colour, spreading very far, spreading and twining with his small Claspers (that come forth at the Joynts with the Leaves) very far on whatsoever standeth next to it. At the severall Joynts also (especially toward the top of the Branches) cometh forth a long stalk bearing many whitish flowers together, in a long tuft, consisting of five small Leaves apiece, laid open like a Star, after which come the berries separated one from another, more than a Cluster of Grapes, green at the first, and very red when they are through ripe, of no good Scent, but of a most unwholesome Taste, provoking Vomit. The Root groweth to be exceeding great, with many long twines or branches growing from it, of a pale whitish colour on the outside, and more white within, and of a sharp, bitter loathsome taste.

*Place.]* It groweth on Banks or under Hedges through this Land the Roots lye very deep.

*Time.]* It flowreth in July and August, some earlier, and some later than other.

*Government and Vertues.]* They are furious Martial Plants: The Root of Briony purges the Belly, with great violence troubling the Stomach, burning the Liver, and therefore not rashly to be taken; but being cor-

*Falling-sickness, Vertigo, Flegm, Palsies, Convulsions, Cramps, Stitches, Dropxies, Gravel, Stone, Obstructions, Womb, Mother, dead Child, After-birth, Cough, Shortness of Breath, Sores, Cankers, Gangreens, Tetters, Ring-worms, black Spots, Freckles, Morphews, Leprosie, broken Bones, Splinters, Thorn, Whitlows, or Nail-Wheels, or Andicoms.*

ed, is very profitable for the Diseases of the Head, as Falling-sickness, Giddiness, and Swimmings, by drawing away much Flegm and Rheumatick humours that oppress the Head. As also the Joynts and Sinews, and is therefore good for Palsies, Convulsions, Cramps, Stitches in the Sides, and the Dropxie, and provoking Urine; it cleanseth the Reins and Kidneys from Gravel and Stone, by opening the Obstructions of the Spleen, and softening the hardness and swelling thereof. The Decoction of the Root in Wine drunk once a Week at going to Bed, cleanseth the Mother, and helpeth the rising thereof, expelleth the dead Child for fear of Abortion; a dram of the Root in Powder taken in Whitewine, bring-

eth down their Courses. An Eleatuary made of the Roots and Honey doth mightily cleanse the Chest of rotten Flegm, and wonderfully helps an old strong Cough, those that are troubled with shortness of Breath, and is very good for them that are bruised inwardly, to help to expell the clotted or congealed Blood. The Leaves, Fruit and Root, do cleanse old and filthy Sores, are good against all fretting and running Cankers, Gangreens and Tetters, and therefore the Berries are by some Country people called Tetters-berries. The Root cleanseth the skin wonderfully from all black and blew Spots, Freckles, Morphew, Leprosie, foul Scars, and other deformity whatsoever; as also all running Scabs and Manginess are healed by the Powder of the dried Root, or the juice thereof, but especially by the fine white hardned juice. The distilled water of the Root worketh the same effects, but more weakly. The Root bruised and applied of it self to any place where the bones are broken, helpeth to draw them forth, as also Splinters and Thorns in the Flesh; and being applied with a little Wine mixed therewith, it breaketh Boils, and helpeth Whitelows on the Joynts.

For all these latter, beginning at Sores, Cankers, &c. apply it outwardly, and take my advice along with you: You shall find in my *Translation of the London Dispensatory*, among the Preparations at the latter end, a Medicine called *Facula Brionia*, take that and use it, you have there how to make it, and mix it with a little Hogs-grease, or other convenient Ointment, and use it at your need.

As for the former Diseases, where it must be taken inwardly it purgeth very violently, and needs an abler hand to correct it than most Country people have, therefore it is a better way for them in my opinion to let the Simple alone, and take the compound water of it, mentioned in my dispensatory, and that is far more safe, being wisely corrected.

### Brook-lime, or Water-Pimpernel.

**Description.]** This sendeth forth from a creeping Root that shooteth forth strings at every joynt as it runneth, divers and sundry green stalks round and sappy, with some Branches on them, somewhat broad, round, up, green, and thick Leaves set by couples thereon; from the bosom whereof grow forth long foot-stalks, with sundry small blew flowers on them, that consist of five small round pointed Leaves a piece.

There is another sort nothing differing from the former, but that it is greater, and the flowers of a paler green colour.

**Place.]** They grow in small standing waters, and usually near water-cesses.

**Time.]** And flowers in June and July, giving Seed the next Month after.

**Government and Vertues.]** It is a hot and biting Martial Plant. Brooklime and Water-cresses are generally used together

in Diet-drink, with other things serving to purge the Blood and Body from all ill humours that would destroy health, and are helpful to the curvy. They do all provke Urine, and help to break the Stone, and pass it away; they procure Womens Courfes, and expel the dead Child. Being fryed with Butter and Vinegar, and applied warm, it helpeth all manner of Tumors or Swellings, and Inflammations.

Blood, purgeth ill humours, Scurvy, Dysury, Stone, Terms provokes, Dead Child, Swellings, Inflammations.

Such drinks ought to be made of sundry Herbs, according to the Malady depending. I shall give a plain and easie Rule at the latter end of this Book.

### Butchers-Broom.

It is called *Ruscus*, and *Bruscus*, *Knee-helm*, *Knee-holly*, *Knee-bulwer*, and *Pettigree*.

**Description.]** The first shoots that sprout from the Root of Butchers-Broom, are thick, whitish and short, somewhat like those of *Asparagus*, but greater; they ring up to be a foot and an half high, are spread into divers branches, green and somewhat crested with the roundness, tough and flexible, whereon are set somewhat broad and almost round hard Leaves, and prickly, pointed at the ends, of a dark green colour, two for the most part set at a place, very close and near together; about the middle of the Leaf on the back and lower side from the middle Rib, breaketh forth a small whitish green flower, consisting of four small round pointed Leaves, standing upon little or no Foot-stalk, and in the place whereof cometh a small round berry, green at the first, and red when it is ripe, wherein are two or three white, hard, round seeds contained. The Root is thick, white, and great at the head, and from thence sendeth forth divers thick, white, long, tough strings.



**Place]** It groweth in Copſes, and upon Heaths and waſt Grounds, oftentimes under or near the Holly-buſhes.

**Time]** It ſhooteth forth his young Buds in the Spring, and the Berries are ripe in or about September. The Branches of Leaves abiding green the Winter.

**Government and Vertues]** 'Tis a Plant of Mars, being of a gallant cleaving and opening quality. The Decoction of

**Obſtructions, Dyſury, Gravel, Stone, Strangury, Terms provokes, Yellow Jaundice, Head-ach, Flegm, Broken Bones, Diſlocations.** Roots made with Wine, openeth Obſtructions, provoketh Urine, helpeth to expel Gravel, the Stone, the Strangury, and Womens Coughes, as alſo the yellow Jaundice, and the Head-ach: And with ſome Honey or Sugar purged unto, cleaſeth the Breſt of Flegm, and

Cheſt of much clammy humours gathered therein. The Decoction of Roots Drunk, and a Pultis made of the Berries and Leaves being applied are effectual in knitting and conſolidating broken Bones, or parts of Joynt. The common way of uſing it, is to boil the Roots of it and Fley, and Fennel, and Smallage in white-Wine, and drink the Decoction adding the like quantity of Graſs-root to them: The more of the Root you boil, the ſtronger will the Decoction be; it works no ill effects, I hope you have Wit enough to give the ſtrongest Decoctions to the ſtrongest Bodies.

### Broom, and Broom-rape.

**T**O ſpend time in writing a Deſcription hereof, is altogether needleſs, it being ſo generally uſed by all the good Houſe-wives almoſt thro' this Land to ſweep their Houſes with, and therefore very well known to all ſorts of People.

The Broom-rape ſpringeth up on many places from the Roots of Broom (but more often in Fields, as by Hedge-fides, and on Heaths.) The Stalk whereof is of the bigneſs of a Finger or Thumb, above two Foot high, having a ſhew of Leaves on them, and many Flowers at the top of a reddiſh yellow colour, as alſo the Stalks and Leaves are.

**Place]** They grow in many places of this Land commonly, and as commonly ſpoil all the Land they grow in.

**Time]** And flower in the Summer Months, and give their Seed before Winter.

**Government and Vertues]** The Juyce or Decoction of the young branches or ſeed, or the powder of the ſeed taken in drink, purgeth downwards, and draweth flegmatick and watry humours from the Joynts, whereby it helpeth the Dropsie, Gout, Sides, Spleen, Blaadder, atica, and the pains in the Hips and Joynts; It provoketh ſtrong Vomits, and helpeth the pains of the ſides, and ſwellings of the Spleen, cleanſeth

alſo the Reins or Kidneys, and Blaadder of the Stone, provoketh Urine abundantly, and hindreth the growing again of the Stone in the Body.

contin

usual use of the Powder of the Leaves and doth cure the Black Jaundice. The distilled Water of the Flowers is profitable for all the purposes. It also helpeth Surfeits, and al-

th the Fits of Agues, if three or four Ounces thereof with as much of Water of the lesser Centaury, and a little Sugar put therein, be taken before the Fit cometh, and the Party be laid down to Sweat in his

The Oyl or Water that is drawn from the ends of the green Sticks and in the Fire, helpeth the Tooth-ach. The Juice of the young Branches made into an Oyntment of old Hogs-grease, and anointed, or the young Branches bruised and heated in Oil or Hogs-grease, and laid to the pains by Wind, as in Stitches, or the Spleen, easeth them in once twice using it. The same boiled in Oyl, is the safest and surest Medicine for all Lice in the Head or Body of any; and is an especial Remedy for Tooth-aches, and swollen Knees that come by the falling down of Humors.

*The Broom-rape also is not without its Vertues.*

The Decoction thereof in Wine, is thought to be as effectual to avoid Stone in the Kidneys and Bladder, and to

voke Urine, as the Broom it self. The Juice of Stone, Dysury, Green

Wounds as old and filthy Sores and malig-

Ulcers. The insolate Oyl, wherein there hath been three or four Relations of infusion of the top stalks with Flowers, strained and cleared, anseth the Skin from all manner of Spots, Marks, and Freckles that rise either by the heat of the Sun, or the malignity of Humours As for the Broom and Broom-rape, Mars owns them, and it is exceeding prejudicial to the Liver. I suppose by reason of the Antipathy between Jupiter and Mars, therefore if the Liver be disaffected, Minister none of it.

### Bucks-horn Plantane.

*Script.* **T**His being sown of Seed, riseth up at the first with small long, narrow, hairy, dark green Leaves like Grass, without any division or vein in them; but those that follow, are gashed in on both sides the Leaves into two or four gashes, and pointed at the ends, resembling the knags of a Bucks-horn (whereof it took the Name) and being well grown round about the Root upon the Ground, in order one by another, thereby resembling the form of a Star; from the middle of which rise up divers hairy Stalks, about a hand breadth high, bearing every one a small long spiky head like to those of the common Plantane, having such sweet-smelling and Seed after them. The Root is single, long and small, with divers strings at it.

*Place.* They grow in Sandy grounds, as in Tuttle-fields by Westminster, and divers other places of this Land.

*Time.* They Flower and Seed in May, June, and July, and their green Leaves do in a manner abide fresh all the Winter.

*Government and Vertues.* It is under the Dominion of Saturn, and is of a cold and dry quality. This boiled in Wine and drunk, and some

*Venomous Beasts, Stone, Stomach, Vomiting, Bleeding, Pissing Blood, Flux, Bloody-flux, Agues, Eyes.*

some of the Leaves to the hurt place, is a excellent Remedy for the biting of the Viper or Adder, which I take to be one and the same. The same being also drunk, helpeth them that are troubled with the Stone in the Reins or kidneys, by cooling the heat of the part afflicted, strengthening them: weak stomachs that cannot retain but cast up their meat. It stayeth bleeding at Mouth and Nose, bloody Urine, or the bloody Flux, and helpeth the Lask of the Belly and Bowels. The Leaves hereof bruised and applied to their sides that have an Ague, suddenly easeth the Fit; and the Leaves and Roots beaten with some Bay-salt, and applied to the Wrists, work the same effects. The Herb boiled in Ale or Wine, and given for many mornings and evenings together, stayeth the distillation of hot and Rheums falling into the Eyes from the Head, and helpeth all sorts of Diseases of the Eyes.

### Bucks-horn.

**I**T is called Harts-horn, *Herba stella*, and *Herba stellaria*, *Sanguinaria*, *Herb-ivy*, and *Wort-creffes*, and *Swines-creffes*.

*Description.]* They have many small and weak stragling branches creeping here and there upon the ground: the Leaves are many, small and jagged, much unlike to those of Bucks-horn Plantane, but much smaller, and not so green. The flowers grow among the Leaves in small, rough, whitish clusters; the seeds are small and brownish, of a kottier taste.

*Place.]* They grow in dry, barren and sandy Grounds.

*Time.]* They flower and seed when the rest of the Plantanes do.

*Government and Vertues.]* This is also under the Dominion of Saturn. The Vertues are held to be the same as Bucks-horn Plantane, and therefore by all Authors, it is joyned with it; besides those, it is most certainly found that the leaves being bruised and applied to the place, stop bleeding; the Herb bruised and applied to Warts, will consume them and waste away in a short time.

### Bugle.

**B**ESIDES the name Bugle, it is called Middle-Confound, and Middle-comfry, brown Bugle, and of some, Sickle-wort, and Herb-carter, though in *Effex* we call another herb by that name.

*Description.]* This hath larger Leaves than those of the Self-heal, but in the same fashion, or rather a little longer, in some green on the upper side, in others more brownish, dented about the edges, somewhat hairy, as the stalk is also, which riseth up to be half a yard high sometimes, with the Leaves set by couples; from the middle almost whereof upwards stand the Flowers, either with many smaller and browner Leaves than the rest; on this stalk the Leaves are set at distances, and the stalk bare between them, among which Flowers are also small ones of a blewish, and sometimes of an Ash-colour; fashioned like the flowers of the ground-ivy, after which come small, round, blackish seed.

is composed of many strings, and spreadeth upon the Ground in divers parts about:

The white flowered Bugle differeth not in form or greatnes from the former, that the leaves and stalks are always green, and never brown like the *and the Flowers thereof are white.*

They grow in Woods, and Copfes and Fields, generally throughout England: but the white flowered Bugle is not so plentiful as the

They flower from May until July, and in the mean time perfect seed. The Roots and Leaves next thereunto upon the ground, all Winter.

Government and Vertues.] This Herb belongeth to Dame Venus, if the uses of it make you in love with it (as they will if you be wise) keep it up of it to take inwardly, and an Ointment and Plaister of it to use outwardly always by you.

The Decoction of the Leaves and Flowers made in Wine, and taken, solveth the congealed Blood in those that are affected inwardly by a Fall or otherwise, and is effectual for any inward Wounds, Thrusts, Stabs in the Body or Bowels; and is an especial help in all Wound-drinks, and for those that are Liver-grown (as they call it). It is wonderful in curing all manner of Ulcers and Sores, whether new and fresh, old and inveterate, yea, Gangreens and Fistula's also, if the leaves bruised and applied, or their Juice used to wash and bathe the places. And the same made into a Lotion with some Honey and Allom, cureth all Sores of the Mouth and Gums, be they never so foul, or of long continuance; it worketh no less powerfully and effectually and effectually for such Ulcers and Sores as happen in the Secret Parts of Men and Women. Be it also taken inwardly, or outwardly applied, it helpeth those that have broken any Bone, or have any member out of Joint. An Ointment made of the leaves of Bugle, Scabious and Sanicle bruised and boiled in Hogs-lard, until the Herbs be dry, and then strained forth into a Pot, for such occasions as shall require; it is so singular good for all sorts of hurts in the Body, that none that know its usefulness will be without it.

The truth is, I have known this Herb cure some Diseases of Saturn, of which I thought good to quote one. Many times such as give themselves up to drinking, are troubled with strange Fancies, strange sights in the night-time, and some with Voices, as also with the Disease *Ephialtes*, or the *Mare*. I take the reason of this to be (according to *Fernilius*) a melancholy Vapour, made thin by excessive drinking strong Liquor, and so it up and disturbs the Fancy, and breeds Imaginations like it self, viz. fearful and troublesom. These I have known cured by taking only two spoonfuls of the Syrup of this Herb, after Supper two hours, when I go to bed. But whether this does it by Sympathy or Antipathy is some

*Bruises, Falls, Wounds, Scabs, Ulcers, Liver-grown, Gangreens, Fistula's, Sore Mouths, Gums, Sore in the Secrets, broken Bones.*

*Mares, strange Sights in the Night.*



Some doubt in Astrology, know there is a great Antipathy between *Saturn* and *Venus* in matter of Procreation, yea, such a one, that the Barrenness of *Venus* can be removed by none but *Venus*; nor the Lust of *Venus* repelled by none but *Saturn*; but I am not of opinion this is done this way, and my reason is, Because these Vapours tho in quality Melancholy, yet by their upward, seem to be something Aerial; therefore I rather think it is done by Sympathy, *Saturn* being exalted in *Libra* in the House of *Venus*.

### Burnet.

**I**T is also called *Sanguisorba*, *Pimpinella*, *Bipula*, *Solbofrella*, &c. The Garden Burnet, is so well known, that it needeth no Description. There is another sort which is wild, the Description whereof take as follows.

**Descript.]** The great wild Burnet hath winged Leaves rising from the base like the Garden Burnet, but not so many, yet each of these Leaves are at least twice as large as the other, and nicked in the same manner about the Edges. The upper side is of a grayish Colour on the under-side; the Stalks are greater, and rise higher, with many such like Leaves set thereon, and greater heads at the top, of a brownish colour, and out of them come small, dark, purple Flowers, like the former, but greater. The Root is black and long, like the other, but greater also: It hath almost no smell, neither scent nor taste therein like the Garden kind.

**Place.]** The first grows frequently in Gardens. The wild kind grows in divers Countries in this Land, especially in Huntington and Northampton-shires, in the Meadows there; as also near London by Pancras Church, by a Causey-side, in the middle of a Field by Paddington.

**Time.]** They Flower about the end of June, and beginning of July, their Seed is ripe in August.

**Government and Vertues.]** This is an Herb the Sun challengeth Dominion over, and is a most precious Herb, little inferior to Betony: The continuall use of it preserves the Body in health, and the Spirits in vigor: for the Sun be the Preserver of Life under God, his Herbs are the best in the world to do it by. They are accounted to be both of one property, but the one is more effectual because quicker, and more Aromatical: It is a Friend to the

Heart, Liver, Melancholy, Pestilence, Epidemical Diseases, Bleeding, Stoppeth Terms and Whites, Belching, Vomiting, Wounds, Ulcers, Cankers, Sores, Fluxes.

the Heart, Liver, and other the principal parts of a Man's Body. Two or three of the Stalks with the Leaves put into a Cup of Wine, especially Claret, are known to quicken the Spirits, refresh and strengthen the Heart, and drive away Melancholy: It is a special help to defend the Heart from noxious Vapours, and from infection of the Pestilential Juice thereof being taken in some drink, and the Party laid to sweat thereupon. They have

a drying and an astringent Quality, whereby they are available in all manner of Fluxes of Blood or Humours to stanch Bleedings inward or outward, Laicks, Scourings, the Bloody-flux, Womens too abundant Flux of Courses, the Whites, and the cholerick Belchings and Castings of the Stomach: It is a singular Wound-herb for all sorts of Wounds, both of the Head

either inward or outward; for all old Ulcers, or running Cankers, moist Sores, to be used either by the Juice or Decoction of the Herb, the Powder of the Herb or Root, or the Water of the distilled Herb, or by it self, or with other things to be kept. The Seed is also effectual both to stop Fluxes, and dry up moist Sores, being taken inwardly in Wine, or Steeled Water, that is, wherein hot Gads have been quenched, or the Powder, or the Seed mixed with the ointments.

### The Butter-Bur, or Petasitis.

**T**his riseth up in February, with a thick Stalk, about a foot high, whereon are set a few small Leaves, or rather Pieces, and at the long spiked head of Flowers, of a bluish or deep red Colour, according to the Soyl in which it groweth; and before the Stalk with the Flowers have abided a Month upon the ground, it will be withered and gone, blown away with the Wind, and the Leaves will begin to spring, which being full grown, are very large and broad, somewhat thin, and almost round, whose thick red foot Stalks about a foot long, grow towards the middle of the Leaves. The lower part being divided into two parts, close almost one to another, and are of a pale green Colour, and hoary underneath. The Root is long and spreading under ground, being in some places bigger than ones Finger, in others much bigger, blackish on the outside, and whitish within, of a bitter and unpleasant taste.

**Place and Time.]** They grow in low and wet Grounds by Rivers and Marsh-sides. Their Flowers (as is said) rising and decaying in February and March, before their Leaves, which appear in April.

**Goverment and Vertues.]** It is under the Dominion of the Sun, and therefore is a great strengthener of the Heart, and chearer of the Vital Spirits.

The Roots hereof are by long Experience found

very available against the Plague, and Pestilential Fevers, by provoking Sweat; if the

Root thereof be taken in Wine, it also resisteth the force of any other Poyson. The Root

if taken with Zedory and Angelica, or with other such, helps the rising of the Mother. The

Decoction of the Root in Wine, is singular good

for those that wheeze much, or are short-winded.

It provoketh Urine also, and Womens Courses, and killeth the flat and

and Worms in the Belly. The Powder of the Root doth wonderfully

help to dry up the moisture of Sores that are hard to be cured, and taketh away all spots and blemishes of the Skin. It were well if Gentlewomen

should keep this Root preserved to help their poor Neighbours. It is fit the

should help the Poor for the Poor cannot help themselves.

### The Bur-dock.

They are also called *Personata Bardana*, and *Lappa Major*, great Bur-dock and Clot-Bur. It is so well known even to the Little Boys, who

off the Burs to throw and stick upon one another, that I shall spare to

any Description of it.

**Place.]**

Plague, Epidemical Distempers, Poyson, Mother-tumors, Wheezing, Difficulty of Breathing, Disjury, Terms provoked, flat and broad Worms, blemishes of the Skin.

*Place.]* They grow plentifully by Ditches and Water-sides, and Highways almost every where through this Land.

*Government and Vertues.]* Venus challenges this Herb for her own by its Leaf or Seed you may draw the Womb which way you please upward by applying it to the Crown of the Head, in case it falls downwards in fits of the Mother, by applying it to the Soles of the feet or if you would stay it in its place, apply it to the Navel, and that

*Cools, dries Ulcers, Sores, Flegm, Sinews, Arteries, Venomous Beasts, Mad Dogs, Dysury, Bladder, Sciatica, Burning Sores, Cankers, Consumption, Stone, Flux.*

good way to stay the Child in it. See more in my *Guide for Women*. The Bur-Leaf cooling, moderately drying, and distillith withal, whereby it is good for old Ulcers and Sores. A dram of the Roots taken with Kernels, helpeth them that spit foul, and bloody Flegm. The Leaves applied

places troubled with the shrinking of the Sinews or Arteries, give ease. The juice of the Leaves, or rather the Roots themselves, given to drink with old Wine, doth wonderfully help the bitings of any Serpents: the Root beaten with a little Salt, and laid on the place, suddenly cureth the pain thereof, and helpeth those that are bit with a Mad Dog. The juice of the Leaves being drunk with Honey, provoketh Urine, and medieth the pain of the Bladder. The Seed being drunk in Wine three days together, doth wonderfully help the Sciatica. The Leaves bruised with the White of an Egg, and applied to any place burnt with Fire, putteth out the Fire, gives sudden ease, and heals it up afterwards. The Decoction of them fomented on any fretting Sore or Canker, stayeth the corruption, which must be afterwards anointed with an Ointment made of the same Liquor, Hogs-grease, Nitre and Vinegar boiled together. The Roots may be preserved with Sugar, and taken fasting, or at other times for the said purposes, and for Consumptions, the Stone and the Lask. The Seed is much commended to break the Stone, and causes it to be expelled in Urine, and is often used with other Seeds, and things to that purpose.

### Cabbages and Coleworts.

**I** Shall spare a labour in writing a Description of these, sith almost every one that can but write at all, may describe them from his own knowledge, they being generally so well known, that Descriptions are to them needless.

*Place.]* These are generally planted in Gardens.

*Time.]* Their flowering time is towards the middle or end of July, the Seed is ripe in August.

*Government and Vertues.]* The Cabbages or Coleworts boiled gently in Broath and eaten, do open the Body, but the second Decoction doth

*Venomous Beasts, Terms provokes, Hoarseness.*

the Body. The Juice thereof drunk in Wine helpeth those that are bitten by an Adder. The Decoction of the Flowers bringeth Womens Courses: being taken with Honey, it recovereth Hoarseness of the Voice. The often eating of them well boyled, helpeth those that

ing into a Consumption. The pulp of the  
the Ribs of Coleworts boyled in Almond-  
and made up into an Electuay with Ho-  
being taken often, is very profitable for those  
are purse and short-winded. Being boiled

*Consumptions, Obstructions,  
Stone, Sigh, Canker, Sur-  
feits, Swellings, Gout, Sores,  
Scabs, Wheals, Melancholy,  
Wind.*

and an old Cock boiled in the Broth and  
it helpeth the pains and the obstructions of the Liver and Spleen,  
the Stone in the Kidneys. The Juice boiled with Honey, and drop-  
into the corner of the Eye, cleareth the sight, by consuming any Film  
Cloud beginning to dim it; it also consumeth the Canker growing  
on. They are much commended being eaten before Meat to keep one  
from Surfeiting, as also from being drunk with too much Wine, or quickly  
to a man sober again that is drunk before. For, (as they say) There is  
an antipathy or enmity between the Vine and the Coleworts, that the  
will dye where the other groweth. The Decoction of Coleworts ta-  
away the pain and ach, and allayeth the swellings of swoln and gouty  
and Knees, wherein many gross and watry humours are fallen, the  
being bathed therewith warm. It helpeth also old and filthy Sores,  
being bathed therewith, and healeth all small Scabs, Pusshes and Wheals,  
break out in the Skin. The Ashes of Colewort-stalks mixed with old  
grease, are vey effectual to anoint the Sides of those that have had  
pains therein, or any other place pained with Melancholy and Windy  
humors. This was surely *Chrysippus* his God, and therefore he wrote a  
Volume of them and their Vertues, and that none of the least nei-  
far he would be no small Fool: He appropriates them to every part  
of the Body, and to every Disease in every part: And honest old *Cato* (they  
used no other Physick. I know not what metals their Bodies were  
of, this I am sure, Cabbages are extream windy, whether you take  
as Meat or as Medicine; yea, as windy meat as can be eaten, unless  
in Bag-pipes or Bellows, and they are but seldom eaten in our days,  
Colewort-flowers are something more tolerable, and the wholsomer  
of the two. The *Moon* challengeth the Dominion of the Herb.

### The Sea Colewort.

[*Script*] **T**his hath divers somewhat long and broad, large, thick wrinkled  
Leaves, somewhat crumpled about the edges, and growing each  
on a several thick foot-stalk very brittle, of a grayish green colour, from among  
which rise up a strong thick stalk two foot high and better, with some Leaves  
to the top, where it branches forth much; and on every Branch standeth  
a Bush of pale whitish flowers, consisting of four Leaves a piece: The Root  
somewhat great, and shooteth forth many branches under ground, keeping the  
Leaves all the Winter.

[*Loc.*] They grow in many places upon the Sea-coasts, as well on the  
as *Essex* Shores; as at *Lid* in *Kent*, *Colchester* in *Essex*, and divers  
places, and in other Counties of this Land.

[*U.*] They flower and seed about the time that other kinds do.

*Government*



*Government and Vertues.*] The Moon claims the Dominion of the  
 The Broth or first Decoction of the Sea Colewort, doth by the sharp  
 and bitter qualities therein, open the Breasts  
*Sores, Wounds, Ulcers,* purge the Body, it cleanseth and digester  
*Swellings, Inflammations.* powerfully than the other kind: The Seed  
 of bruised and drunk, killeth Worms.  
 Leaves or the Juyce of them applied to Sores or Ulcers, cleanse  
 healeth them, and dissolveth Swellings, and taketh away Inflammations.

Calamint, or Mountain-Mint.

*Descript.*] **T**his is a small herb, seldom rising above a foot high, with square  
 ry, and woody stalks, and two small hoary Leaves set at  
 about the bigness of Marjoram, or not much bigger, a little dented about the  
 and of a very fierce or quick scent, as the whole herb is; The Flowers stand  
 several spaces of the stalks, from the middle almost upwards, which are spreading  
 gaping like to those of Mints; and of a pale bluish colour: after which follow  
 round, blackish Seeds. The Root is small and woody, with divers small  
 spreading within the ground, and dieth not, but abideth many years.

*Place.*] It groweth on Heaths and upland dry Grounds, in many  
 of this Land.

*Time.*] They flower in July, and their Seed is ripe quickly after.

*Government and Vertues.*] It is an Herb of Mercury, and a strong one  
 therefore excellent good in all afflictions of the Brain; the Decoction  
 the Herb being drunk, bringeth down Women's  
*Terms provokes, Dysury,* Courses, and provoketh Urine. It is good  
*Ruptures, Convulsions,* for those that are Bursten, or troubled with  
*Cramps, Shortness of* Convulsions or Cramps, with shortness of  
*Breath, Jaundice, Vomiting,* or Cholerick torments and pains in the  
*Worms, Leprosie, Serpents,* Stomachs, it also helpeth the yellow  
*black and blew* dice, and stayeth Vomiting being taken  
*Marks, Scars, Sciatica,* Wine: Taken with Salt and Honey, it  
*Obstructions of the Liver* all manner of Worms in the Body. It  
*and Spleen, Tertian Agues.* such as have the Leprosie, either taken inwardly,

drinking Whay after it, or the green  
 outwardly applied. It hindreth Conception in Women, but either  
 or strewed in the Chamber, it driveth away venomous Serpents. It  
 away black and blew marks in the Face, and maketh black Scars  
 well coloured, if the green Herb (not the dry) be boiled in Wine,  
 laid to the place, or the place washed therewith. Being applied to  
 Hucklebone, by continuance of time it spends the Humours  
 cause the pain of the Sciatica. The Juyce being dropped into the  
 killeth the Worms in them. The Leaves boiled in Wine, and  
 provoke Sweat, and open Obstructions of the Liver and Spleen.  
 It helpeth them that have a Tertian Ague (the Body being first purged) by  
 ing away the cold Fits. The Decoction hereof with some Sugar purged  
 to afterwards, is very profitable for those that be troubled with

er-flowing of the Gall, and that have an old  
ough, and that are scarce able to breathe by  
rtness of their Wind. That have any cold di-  
mper in their Bowels, and are troubled with  
hardness of the Spleen, for all which purposes, both the powder called  
acalaminthes, and the Compound Syrup of Calamint (which are to be had  
the Apothecaries) are most effectual. Let not Women be too busie with  
for it works very violent upon the Feminine part.

### Chamomel.

is so well known every where, that it is but lost time and labour to  
describe it. The Vertues thereof are as followeth:

A Decoction made of Chamomel, and drunk, taketh away all pains and  
ches in the Side. The Flowers of Chamomel  
en, and made up into Balls with Oil, drive  
y all sorts of Agues, if the parrty grieved be a-  
nted with that Oil taken form the Flowers,  
in the Crown of the Head to the Sole of the  
e, and afterward laid to sweat in his Bed, and  
he sweat well. This is *Nicheffor* an *Egyptian's*  
edicine. It is profitable for all sorts of Agues

*Stitches in the Side, Agues,  
Liver, Spleen, Weariness,  
Sinews, Smellings, Colick,  
Stone, Belly-ach, Cold, Ache,  
Jaundice, Dropisie, Brain,  
Cramp, Stitch in the Side.*

come either from Flegm or Melancholy, or from an Inflammation of  
Bowels, being applied when the humours causing them shall be con-  
ed; and there is nothing more profitable to the sides and Region of  
liver and Spleen than it. The bathing with a Decoction of Chamomel;  
h away Weariness, easeth pains to what part of the body soever they be  
ed. It comforteth the Sinews that are overstrained, molifieth all  
ings, it moderately comforteth all parts that have need of warmth,  
eth and dissolveth whatsoever hath need thereof, by a wonderful  
y property. It easeth all the pains of the Colick and Stone, and all  
and torments of the Belly, and gently provoketh Urine. The Flow-  
ailed in posset-drink provoke Sweat, and help to expel Colds,  
e and pains whatsoever, and is an excellent help to bring down Wo-  
ourses. A Syrup made of the Juice of Chamomel with the Flowers  
Whitewine, is a Remedy against the Jaundice and Dropisie. The Flow-  
ailed in Lye, are good to wash the head, and comfort both it and  
rain. The Oil made of the Flowers of Chamomel, is much used a-  
all hard Swellings, Pains, or Aches, shrinking of the Sinews, or  
aps, or pains in the Joynts, or any other part of the Body. Being  
in Clysters, it helpe to dissolve Wind and pains in the Belly; a-  
ed also, it helpeth Stitches and pains in the sides.

*Nicheffor* saith, the *Egyptians* dedicated it to the Sun, because it cured A-  
and they were like enough to do it, for they were the arrantest Apes in  
Religion as ever I read of. *Bachinus*, *Bena*, and *Lobel*, commend the Sy-  
made of the Juice of it and Sugar taken inwardly, to be excellent for the  
Also this is certain, that it most wonderfully breaks the Stone: some

take it in Syrup or Decoction, others inject the Juice of it into the Bladder with a Syringe: My opinion is, that the Salt of it taken half a dram in morning in a little White or Rhenish Wine, is better than either; this is excellent for the Stone, appears in this, which I have seen tried, That a stone that hath been taken out of the Body of a Man being washed in Chamomel, will in time dissolve, and in a little time too.

### Water-Caltrops.

**T**hey are called also *Tribulus Aquaticus*, *Tribulus Lacustris*, and *Tribulus Morinus*, *Caltrops*, *Saligot*, *Water-Nuts*, and *Water-chestnuts*.

**Descrip.]** As for the greater sort, or *Water-Caltrop*, it is not found or very rarely. Two other sorts there are, which I shall here describe. The first hath a long, creeping and jointed Root, sending forth Tufts at each joyn, which joynts arise long, flat, slender, knotted stalks, even to the top of the root divided towards the top into many branches, each carrying two Leaves on sides, being about two inches long, and half an Inch broad, thin and almost transparent; they look as though they were torn; the flowers are long, thick whitish, set together almost like a bunch of Grapes, which being gone, there succeed for the most part, four sharp-pointed grains all together, containing a white Kernel in them.

The second differs not much from this, save that it delights in more Water; its stalks are not flat, but round; its Leaves are not so long, but pointed: As for the place, we need not determine, for their Name sheweth they grow in the Water.

**Government and Vertues.]** They are under the Dominion of the Moon, being made into a Pultis, are excellent good for hot Inflammations and Swellings, Cankers, Mouths and Throats; being washed with Decoction, it cleanseth and strengtheneth the Neck and Throat much, and helps those swellings, which when people have, they say Almonds of the Ears are fallen down; it is excellent good for the rankness of the Gums, a safe and present remedy for the King's Evil; they are excellent good for the Stone and Gravel, especially the nuts being dried; they also resist Poyson and bitings of Venomous Beasts.

Almonds of the Ears are fallen down; it is excellent good for the rankness of the Gums, a safe and present remedy for the King's Evil; they are excellent good for the Stone and Gravel, especially the nuts being dried; they also resist Poyson and bitings of Venomous Beasts.

### Campions Wild.

**Descrip.]** **T**HE wild white Campion, hath many long and somewhat dark, green Leaves lying upon the ground, with divers others therein, somewhat like Plantane, but somewhat hairy, broader, and not so thick. The hairy stalks rise up in the middle of them, three or four foot high, and sometimes more, with divers great white joynts at several places thereon, and such like Leaves thereat up to the top, sending forth branches at the joynts also: all which bear on several foot stalks white flowers at the top, consisting of five broad pointed Leaves, every one cut in on the

the middle, making them seem to be two apiece smelling somewhat sweet, and each  
them standing in large green striped hairy Husks large and round below, next to  
stalk: The seed is small and grayish in the hard Heads that come up afterwards.  
Root is white and long, spreading divers fangs in the ground

The Red wild Campion groweth in the same manner as the white, but his Leaves  
are not so plainly ribbed, somewhat shorter, rounder, and more woolly in handling.  
Flowers are of the same form and bigness; but in some of a pale, in others of  
bright red colour, cut in at the ends more finely, which makes the Leaves seem  
in number than the other. The seed and the Roots are alike, the Roots of  
both sorts abiding many years.

There are forty five kinds of Campions more, those of them which are of Physi-  
cians having the like vertues with these above described, which I take to be the  
chiefest kinds.

*Place.]* They grow commonly through this Land by Fields, and Hedges,  
and Ditches.

*Time.]* They flower in Summer, some earlier than others, and some a-  
biding longer than others

*Government and vertues.]* They belong unto Saturn, and it is found by  
experience, that the Decoction of the Herb, ei-

ther in White or Red being drunk, doth stay in-  
ward Bleedings, and applied outwardly it doth  
like: and being drunk, helpeth to expel the  
stone being stoppt, and Gravel and Stone in the  
Bladders or Kidneys. Two drams of the Seed drunk

*Bleeding inward and out-  
ward, Dysury, Gravel,  
Choler, venomous Beasts,  
Plague, Sores, Ulcers, Can-  
kers, Fistula's.*

with Wine, purgeth the Body of Cholerick hu-  
mours, and helpeth those that are stung by Scorpions, or other Venomous  
beasts; and may be as effectual for the Plague: It is of very good use in old  
Ulcers, Cankers, Fistula's, and the like, to cleanse and heal them, by  
drawing the moist humours falling into them, and correcting the pu-  
trefaction of humours offending them.

### Carduus Benedictus.

It is called Carduus Benedictus, or blessed Thistle, or holy Thistle; I  
suppose the Name was put upon it by some that had little holiness in  
themselves.

I shall spare a labour in writing a Description of this, such almost every  
man that can but write at all, may describe them for his own knowledge.

*Place.]* It groweth plentifully in Gardens.

*Time.]* They flower in August, and seed not long after.

*Government and Vertues.]* It is an Herb of Mars, and under the Sign *Aries*.  
In handling this Herb I shall give you a Rational Pattern of all the  
herbs, and if you please to view them through-

the Book, you shall to your content find it

*Vertigo, Yellow Jaundice.*

It helps swimnings and giddiness of the Head, or the Disease cal-  
led Vertigo, because *Aries* is in the House of Mars. It is an excellent Remedy  
against the Yellow Jaundice, and other infirmities of the Gall, because



*Attractive Faculty, Tetter, Ring-worms, Plague, Sores, Boyls, Itch, Mad-dogs, Venomous Beasts, French-Pox, strengthens Memory, Deafness, Quartan Agues, adust Choler, Urine.*

*Mars* governs Choler. It strengthens the Attractive Faculty in Man, and clarifies the blood because the one is ruled by *Mars*. The continual drinking the Decoction of it, helps Faces, Tetter and Ring-worms, because *Mars* causeth them. It helps Plague-sores, Boyls, Itch, the bitings of Mad-Dogs and venomous Beasts, all which Infirmities are under *Mars*.

thus you see what it doth by Sympathy.

By Antipathy to other Planets it cures the French-Pox, by Antipathy *Venus*, who governs it. It strengthens the Memory, and cures Deafness. Antipathy to *Saturn*, who hath his fall in *Aries*, which rules the Head. cures Quartan Agues and other Diseases of Melancholy and adust Choler. By Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*. Also it proves Urine, the stopping of which is usually caused by *Mars* or the *Moon*.

### Carrots.

**G**arden Carrots are so well known, that they need no Description; but because they are of less Physical use than the wild kind (as indeed almost in all Herbs the Wild are most effectual in Physick, as being more powerful in operation than the Garden kinds) I shall therefore briefly describe the wild Carrot:

**Descript.]** It groweth in a manner altogether like the Tame, but that the Leaves and stalks are somewhat whiter, and rougher. The stalks bear large tufts of flowers, with a deep purple spot in the middle, which are contracted together when the seed begins to ripen, that the middle part being hollow and low, and the outward stalks rising high, maketh the whole unable to show like a Birds-nest. The seed is small, long and hard, and unfit for meat, being somewhat sharp and strong.

**Place.]** The Wild Kind groweth in divers parts of this Land plentifully by the Field sides, and untilled places.

**Time.]** They flower and seed in the end of Summer.

**Government and Virtues.]** Wild Carrots belong to *Mercury*, and therefore break Wind and remove Stitches in the Side.

*Wind, Stitches, provokes Urine and the Terms, Stone, Dropse, Colick, Barrenness, Ulcers.*

provokes Urine and Womens Courfes, and helpeth to break and expel the Stone; The Seed of the same worketh the like effect, and is good for the Dropse and those whose Bellies are swollen with Wind; helpeth the Colick,

Stone in the Kidneys and rising of the Mother; being taken in Wine, boiled in Wine and taken, it helpeth conception. The Leaves being applied with Honey to running Sores or Ulcers, do cleanse them.

I suppose the Seeds of them perform this better than the Roots; and *Galen* commend Garden Carrots highly to break wind, yet experience teacheth they breed it first, and we may thank Nature for expelling it, not the Seeds of them expel wind indeed, and so mend what the Root mends.

Carrots.

Carraway.

**Script.]** It beareth divers stalks of fine cut Leaves lying upon the ground, somewhat like to the Leaves of Carrots, but not bushing so thick, a little quick taste in them, from among which riseth up a square stalk, not so thick as the Carrot, at whose joints are set the like Leaves, but smaller and fitter, and at the top small open tufts or umbles of white flowers, which turn into small blackish seed smaller than the Anniseed, and of a quicker and hotter taste. The Root is whitish, small and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick taste, and stronger than a Parsnip, and abideth after Seed-time.

**Place.]** It is usually sown with us in Gardens.

**Time.]** They flower in June and July, and seed quickly after.

**Goverment and Virtues.]** This is also a Mercurial Plant. Carraway-seed hath a moderate sharp quality, whereby it breaketh

the Wind, and provoketh Urine, which also the Root doth. The Root is better Food than the Parsnip, and is pleasant and comfortable to the Stomach, helpeth Digestion. The Seed is con-  
*Wind, Dysury, Indigestion, Head, Stomach, Bowels, Mother, Black and Blue Spots, Bruises, Cholick.*

coming to all the cold griefs of the Head and Stomach, the Bowels, or Mother, as also the Wind in them, and helpeth to sharpen the Eye-sight. The powder of the Seed put into a Pultis, taketh away black and blue spots of Blows and Bruises. The Herb it self, with some of the Seed bruised and fried, laid hot in a bag or double cloth to the lower parts of the Belly, easeth the pains of the Wind-  
*tick.*

The Roots of Carraways eaten as Men eat Parsnips, strengthen the Stomach of ancient People exceedingly, and they need not make a whole of them neither, and are fit to be planted in every Garden.

Carraway Confects, once only dipped in Sugar, and half a spoonful of them eaten in the Morning fasting, and as many after each Meal, is a most valuable Remedy for those that are troubled with Wind.

Celandine.

**Script.]** This hath divers tender, round, whitish green stalks, with greater Joints than ordinary in other Herbs, as it were Knees, very brittle and easie to break, from whence grow Branches with large, tender, long leaves, much divided into many parts, each of them cut in on the edges, set at right angles on both sides of the Branches, of a dark blewish green colour, on the outside like Columbines, and of a more pale blewish green underneath, full of yellow sap; when any part is broken, of a bitter taste, and strong scent. At the tops of the Branches which are much divided, grow Gold yellow Flowers of one Leaf a piece, after which come small long Rods, with blackish Seed thereon. The Root is somewhat great at the head, shooting forth divers long Roots and small strings, reddish on the outside, and yellow within, full of a yellow sap

*Place.*] It groweth in many places by old Walls, by the Hedges, Way-sides in untilled places; and being once planted in a Garden, especially some shady places, it will remain there.

*Time.*] They flower all the Summer long, and the Seed ripeneth in mean time.

*Government and Virtues.*] This is an Herb of the *Sun*, and under the *festial Lyon*, and is one of the best Cures for the Eyes that is. All know any thing in Astrology, know as well as I can tell them, that Eyes are subject to the Luminaries; let it then be gathered when the is in *Leo*, and the *Moon* in *Aries*, applying to his Trine: let *Leo* arise, and may you make it into an Oil or Ointment, which you please, to an your sore Eyes withal: I can prove it both by my own experience, and experience of those to whom I have taught it, That most desperate Eyes have been cured by this only Medicine; And then, I pray, is not far better than endangering the Eyes by the Art of the Needle? For if do not absolutely take away the Film, it will so facilitate the work, that may be done without danger. The Herb or Root boiled in White-wine

*Obstructions of the Liver and Gall, Yellow Jaundice, Dropsie, Pestilence, Eyes, Ulcers, Tetters, Ringworms, Cancers, Warts, Belly, Bowels, Mother, Worms, Terms Stops, Tooth-ach, Itch, Beauty lost.*

drunk, a few Anniseeds being boiled therewith, openeth Obstructions of the Liver and Gall, healeth the yellow Jaundice; and often using it, healeth the Dropsie and the Itch, and those that have old sores in their Legs, or other parts of the body. The Juice thereof taken fasting, is held to be of singular good use against the Pestilence: The distilled Water with a little Sugar and a little good Treacle mixed therewith (the party up

the taking being laid down to sweat a little) hath the same effect. The Juice dropped in the Eyes, cleanseth them from Films and Clouds which darken the sight; but it is best to allay the sharpness of the Juice with a little Breast-milk. It is good in old, filthy, corroding, creeping Ulcers, wheresoever, to stay their malignity of fretting and running, and cause them to heal more speedily: The Juice often applied to Tetters, Ring-worms, or other such like spreading Cankers, will quickly heal them, and rubbed often upon Warts, will take them away. The Herb with the Roots bruised and heated with Oil of Camomel, and applied to the Navel, taketh away the griping pain in the Belly and Bowels, and all the pains of the Mother; and applied to Womens Breasts, stayeth the overflowing of the Courses. The Juice or Decoction of the Herb gargled between the teeth that ache, easeth the pain; and the Powder of the Root laid upon an aching, hollow or loose tooth, will cause it to fall out. The Juice mixed with some Powder of Brimstone, is not only good against the Itch, but taketh away all discolourings of the Skin whatsoever; and if chance that in a tender Body it causeth any Itching or Inflammation, by bathing the place with a little Vinegar, it is helped.

Another ill-favoured trick have Physicians got to use to the Eye, and that is worse than the Needle; which is to eat away Films by corroding and gnawing Medicines. This I absolutely protest against.

Because the Tunicles of the Eyes are very thin, and therefore soon  
 en aſunder.

The *Callus* or Film that they would eat away, is ſelddom of an Equal  
 thinneſs in every place, and then the Tunicle may be eaten aſunder in  
 one place, before the Film be conſumed in another, and ſo to be a readier  
 way to extinguiſh the ſight, than to reſtore it.

It is called *Gbelidonium*, from the Greek word *χελιδων*, which ſignifies  
 Swallow, becauſe they ſay, that if you pick out the Eyes of young Swal-  
 lows when they are in the Neſt, the old ones will recover their Eyes again  
 by this Herb. This I am confident, for I have tried it, that, if you mar-  
 shal every Apple of their Eyes with a Needle, ſhe ſhall recover them again,  
 whether with this Herb or not, I know not.

Alſo I have read (and it ſeems to me ſomewhat probable) that the Herb,  
 being gathered as I ſhewed before, and the Elements drawn apart from it,  
 by the Art of the *Alchymiſt*, and after they are drawn apart, rectified, the  
 ſame quality, ſtill in rectifying them, added to the *Terra damnata*, (as *Al-*  
*chymiſts* call it) or *Terra Sacriſſima* (as ſome Philoſophers call it) the  
 Elements ſo rectified, are ſufficient for the Cure of all Diſeaſes, the hu-  
 mor offending being known, and the contrary Element given; It is an  
 experience worth the trying, and can do no harm.

### The leſſer Celandine, uſually known by the name of Pile- wort and Figwort.

Wonder what ailed the Ancients to give this the name of *Celandine*,  
 which reſembles it neither in nature nor form; It acquired the name  
 of *Pilewort* from its Virtues, and it being no great matter where I ſet it  
 down, ſo I ſet it down at all, I humour'd Dr. Tradition ſo much, as to ſet  
 it down here.

[Description.] This *Celandine* then, or *Pilewort* (which you pleaſe) doth  
 have many round pale green Leaves ſet on weak and trailing branches, which lye  
 on the ground and are flat, ſmooth, and ſomewhat ſhining, and in ſome places  
 (though ſeldom) marked with black ſpots, each ſtanding on a long foot-ſtalk, among  
 which riſe ſmall yellow flowers, conſiſting of nine or ten ſmall narrow Leaves, up-  
 on ſlender foot-ſtalks, very like unto a Crows-foot, whereunto the ſeed alſo is not  
 ſingle, being many ſmall ones ſet together upon a head. The Root is made of many  
 ſmall Kernels, like a grain of Corn, ſome twice as long as others, of a whitish  
 colour, with ſome fibres at the end of them.

[Place.] It groweth for the moſt part in moiſt corners of Fields, and  
 places that are near Water-fides, yet will abide in drier ground if they be  
 but a little ſhadowed.

[Time.] It flowereth betimes, about *March* or *April*, is quite gone in *May*,  
 ſo as it cannot be found till it ſpring again.

[Government and Virtues.] It is under the Dominion of *Mars*; and behold  
 here another Verification of that Learning of the Ancients, viz. that the Vir-  
 tue of an Herb may be known by its ſignature, as plainly appears in this; for if  
 you dig up the Root of it, you ſhall perceive the perfect Image of that Diſeaſe



which they commonly call the Piles. It is certain by good experience that the Decoction of the Leaves and Root of *Hemorrhoids, Kings-evil.* wonderfully help the Piles and Hemorrhoids also Kernels by the Ears and Throat, called *Kings-Evil*, or any other hard *Wens* or Tumors.

Here's another Secret for my Country Men and Women, a couple of them together, *Pilewort* made into an Oil, Ointment or Plaister, cures both the Piles or Hemorrhoids, and the Kings-Evil: The Herb burn about one's Body next the Skin, helps in such Diseases, never touch the place grieved; let poor people make much of these uses; with this I cured my own Daughter of the Kings-Evil, the Sore, drew out a quarter of a pint of Corruption, cured it without any Scar at all, and in one weeks time.

### The Ordinary small Centaury.

**Descript.]** This groweth up most usually but with one round and somewhat crested stalk, about a foot high or better, branching forth at the top into many sprigs; and some also from the joints of the stalks below. Flowers that stand at the tops as it were in one umbel or tuft, are of a pale tending to a Carnation colour, consisting of five, sometimes six small Leaves, like those of *St. John's-wort*, opening themselves in the day-time, and at night, after which come seed in little short husks, in form like unto *Wheat-Corns*. The Leaves are small and somewhat round. The Root small and perishing every year. The whole Plant is of an exceeding bitter taste.

There is another sort in all things like the former, save only it bears white Flowers.

**Place.]** They grow ordinarily in Fields, Pastures and Woods; but with the white Flowers not so frequently as the other.

**Time.]** They Flower in July or thereabouts, and Seed within a Month after.

**Government and Vertues.]** They are all under the Dominion of the Sun as appears in that their Flowers open and shut as the Sun either sheweth or hideth his Face. This Herb boiled

*Choler, Sciatica, Obstructions of the Liver, Gall, Spleen, Agues, Dropsy, Green Sickness, Colick, Terms provokes.*

drunk, purgeth cholerick and gross humors and helpeth the Sciatica; it openeth Obstructions of the Liver, Gall, and Spleen, helping Jaundice, and easing the pains in the Spleen and hardness of the Spleen, used outwardly and is given with very good effect in Agues.

It helpeth those that have the Dropsie, or the Green-sickness, being much used by the *Italians* in powder for that purpose. It killeth the Worms in the Belly, as is found by experience. The Decoction thereof (*viz.*) of the tops of the stalks with the Leaves and Flowers, is good against the Colick, and to bring down Womens Courses, helpeth to avoid the Danger of Birth, and easeth pains of the Mother, and is very effectual in all

of the Joynts, as the Gout, Cramps, or  
 convulsions. A Dram of the Powder thereof  
 in Wine, is a wonderful good help a-  
 gainst the biting and poyson of an Adder. The  
 Juice of the Herb with a little Honey put  
 is good to clear the Eyes from dimness,

Joynts, Gout, Sciatica,  
 Cramp, Convulsion, Veno-  
 mous Beast, Eyes, Wounds,  
 Ulcers, Ears, Scabby Heads,  
 Freckles, Spots.

and clouds that offend or hinder the Sight. It is singular good both  
 for green and fresh Wounds, as also for old Ulcers and Sores, to close up  
 one, and cleanse the other, and perfectly to cure them both, altho  
 be hollow or Fistulous; the green Herb especially being bruised  
 and thereto. The Decoction thereof dropped into the Ears, cleanseth  
 them from Worms, cleanseth the foul Ulcers, and spreading Scabs of  
 Head, and taketh away all Freckles, Spots, and Marks in the Skin,  
 and washed with it; the Herb is so safe you cannot fail in the using of  
 it, only give it inwardly for inward Diseases; use it outwardly for out-  
 ward Diseases. 'Tis very wholesome, but not very toothsome.

There is besides these another small Centaury, which beareth a yellow  
 flower, in all other respects it is like the former, save that the Leaves are  
 greener, and of a darker green, and the stalk passeth through the midst of  
 the leaves, as it doth in the Herb *Thymus*. They are all of them, as I told  
 you, under the Dominion of the Sun; yet this, if you observe it, you  
 shall find an excellent Truth; in Diseases of Blood, use the red Centau-  
 ry, if of Cholera, use the yellow; but if of Flegm or Water, you will  
 find the white best.

### The Cherry-Tree.

Suppose there are few but know this Tree, for his Fruits sake; and  
 therefore I shall spare writing a Description thereof.

[For the place of its growth, it is afforded room in every Or-  
 chard.]

[Government and Vertues.] It is a Tree of *Venus*. Cherries as they are of

different Tastes, so they are of different Qualities. The sweet pass  
 through the Stomach and Belly more speedily, but are of little nourish-  
 ment; the tart or sowre are more pleasing to an hot Stomach, procuring  
 appetite to Meat, and help to cut tough Flegm,

gross Humours; but when these are dried, they are more binding the Belly than when they  
 are fresh, being cooling in hot Diseases, and come to the Stomach, and provoke Urine.

The Gum of the Cherry-Tree dissolved in Wine,  
 good for a cold Cough, and hoariness of the Throat, mendeth the colour  
 of the Face, sharpeneth the Eye-sight, provoketh Appetite, and helpeth to  
 expel the Stone; the Black-Cherries bruised with the Stones, and  
 dissolved, the water thereof is much used to break the Stone, expel Gra-  
 vel and Wind.

Appetite lost, Flegm, gross  
 Humors cool, provoke U-  
 rine, Cough, Hoarseness,  
 Sight, Gravel, Wind.

## Winter-Cherries.

**Descript.]** The Winter-Cherry hath a running or creeping Root in the Ground of the bigness many times of ones little Finger, shooting forth several joints in several places, whereby it quickly spreadeth a great comp Ground; the Stalk riseth not above a yard high, wheron are set many bran long green Leaves, somewhat like Nighshade, but larger; at the joints come forth whitish Flowers made of five Leaves apiece, which after turn into Berries enclosed with thin Skins, which change to be reddish when they grow the Berry likewise being reddish, and as large as a Cherry, wherein are contained many flat and yellowish Seeds lying within the Pulp, which being gathered strung up, are kept all the Year, to be used upon occasion.

**Place.]** They grow not naturally in this Land, but are cherished in Gardens for their Vertues.

**Time.]** They Flower not until the middle or latter end of July, and Fruit is ripe about the end of August, or beginning of September.

**Government and Vertues.]** This also is a Plant of Venus. They are of use in Physick: The Leaves being cooling, may be used in Inflammations, but not opening as the Berries and Fruit. *Inflammations, Dysury, which by drawing down the Urine, provoke to be voided plentifully when it is stopped, Stone, Gravel, Ulcers in the Reins and Bladder, grown hot, sharp, and painful in the passage, Pissing Blood, Sharpness of Urine. A precious Receipt.* it is good also to expel the Stone and Gravel of the Reins, Kidneys and Bladder, helping to dissolve the Stone, and voiding it by Gravel, sent forth in the Urine; it also helps much to cleanse inward Imposthumes, or Ulcers in the Reins or Bladder or in those that void a bloody or foul Urine.

The distilled Water of Fruit, or the Leaves together with them, or the Berries green or dry, distilled with a little Milk, and drunk Morning and Evening with a little Sugar, is effectual to all the purposes afore specified, and especially against the Heat and Sharpness of the Urine. I shall only mention one way amongst many others, which might be used for ordering the Berries to be helpful for the Urine, and the Stone, which is this: Take three or four good handfuls of the Berries, either green or fresh, or dried, and have bruised them, put them into so many Gallons of Beer or Ale when new Tunned up: This Drink taken daily, hath been found to do good to many; both to ease the pains, and expel Urine, and the Stone, to cause the Stone not to ingender. The Decoction of the Berries in Wine and Water is the most usual way; but the powder of them taken in Drink, is more effectual.

**Chervil.**

**[I** It is called, *Cerfolium*, *Mirrhis*, and *Mirra*, *Chervil*, *Sweet Chervil*, *Sweet Cicely*.

**Descript.]** The Garden Chervil doth at first somewhat resemble Parsley.

it is better grown: the Leaves are much cut in and jagged, resembling Hemlock being a little hairy, and of whitish green colour, sometimes turning reddish in Summer with the Stalks also: It riseth a little above half a foot high, with white Flowers in spiked Tufts, which turn into long and round Seeds at the ends, and blackish when they are ripe; of a sweet taste, but not so as the Herb it self smelleth reasonable well. The Root is small and long, and with every Year, and must be sown anew in the Spring for Seed, and after for Autumn Sallet.

The Wild Chervil groweth two or three foot high, with yellow Stalks and is set with broader and more hairy Leaves, divided into sundry parts, nicker about the Edges, and of a dark green Colour, which likewise grow reddish in the Stalks; at the tops whereof stand small white Tufts of Flowers; and afterwards smaller and longer Seed. The Root is white, hard, and enduring long. hath little or no scent.

[Place.] The first is sown in Gardens for a Sallet Herb; the second with wild in many of the Meadows of this Land, and by the Hedges, and on Heaths.

[Time.] They Flower and Seed early, and thereupon are sown again in end of Summer.

[Government and Vertues.] The Garden Chervil being eaten doth moderately warm the Stomach, and is a certain Remedy (saith Tragus) to dissolve congealed or clotted Blood in the Body, or that which is elot by Bruises, Falls, &c. the Juice or distilled thereof being drunk, and the bruised leaves laid to the place, being taken either in Meat or Drink, it is held to provoke Urine, or expel the Stone in the Kidneys, to send down men's Courses, and to help the Plurisie and pricking of the sides.

Stomach, Clotted Blood, Bruises, Falls, Dysury, Stone, Plurisies, Sides.]

The Wild Chervil bruised and applied, dissolves Swellings in any part of the Body, and taketh away the Spots and Marks of congealed Blood by Bruises or Blows in little space.

Swelling, black and blew Spots.

### Sweet Chervil, or Sweet Cicely.

[Script.] This groweth very like the Greater Hemlock, having large spread Leaves cut into divers parts, but of a fresher green Colour than Hemlock, tasting as sweet as the Aniseed. The Stalk rises up a yard high, being crested or hollow, having the Leaves at the Joynts, but lesser; and at the tops of the branched Stalks, Umbles or Tufts of white Flowers; after which large and long crested black shining Seed, pointed at both ends, tasting quick, sweet and pleasant. The Root is great and white, growing deep in the ground, and spreading sundry long Branches therein, in taste and smell stronger than the Leaves or Seed, and continuing many years.

[Place.] This groweth in Gardens.

[Government and Vertues.] These are all three of them of the Nature of Jupiter



pter, and under his Dominion. This whole Plant, besides its pleasure in Sallats, hath its Physical Vertues. The Root boiled and eaten

*Cold Stomach, Wind, Flegm, Lungs, Ptsick, Pestilence, Terms provokes, After-birth, Appetite lost, Ulcers, Epidemical Diseases.*

Oil and Vinegar, (or without Oil) doth please and warm old and cold Stomach pressed with Wind or Flegm, or those that the Ptsick or Consumption of the Lungs same drunk with Wine, is a preservative the Plague. It provoketh *Womens Courses* expelleth the After-birth, procureth an A- rite to Meat, and expelleth Wind. The Juice is good to heal the of the Head and Face; the Candid Roots hereof are held as effect *Angelica*, to preserve from Infection in the time of a Plague, a warm and comfort a cold weak Stomach. It is so harmless you can use it amiss.

### Chestnut-Tree.

**I**T were as needless to describe a Tree so commonly known, as to Man he had gotten a Mouth; therefore take the Government and vertues of them thus.

The Tree is absolutely under the Dominion of *Jupiter*, and then the Fruit must needs breed good Blood, and yield commendable Nourishment to the Body; yet if eaten overmuch, they make the Blood procure Head-ach, and bind the Body; the inner-skin that covers

*Flux, Terms stops, Cough, Spitting Blood.*

Nut, is of so binding a quality, that a Sc of it being taken by a Man, or ten grains Child, soon stops any Flux whatsoever whole Nut being dried and beaten into Powder and a Dram taken at a time, is a good Remedy to stop the Terms in men. If you dry Chestnuts, and beat them into Powder (only the Kernel I mean) both the Barks being taken away, beat them into Powder, make the Powder up into an Electuary with Honey, so have you a mirable Remedy for the Cough, and spitting Blood.

### Earth-Chestnuts.

**T**hey are called *Earth Nuts, Earth-Chestnuts, Ground-Nuts, Ciper-Nuts*, we in *Suffex* call them *Pig-Nuts*. A Description of them were needless, for every Child knows them.

*Government and Vertues* ] They are something hot and dry in quality

*Lust provokes, Dysury, Spitting Blood, Pissing Blood.*

under the Dominion of *Venus*, they provoke exceedingly, and stir up to those Sports the Mistress of; the Seed is excellent good to provoke Urine, and so also is the Root, but it cannot perform it so forcibly as the Seed doth. The Root being dried, beaten into Powder, and the Powder made into an Electuary, is a singular a Remedy for Spitting and Pissing Blood, as the former Chestnut for Coughs.

## Chickweed.

so generally known to most People, that I shall not trouble you with the Description thereof, nor my self with setting forth the several sorts, but only two or three are considerable for their usefulness.

[They are usually found in moist and watry places, by Wood-lands and elsewhere.

] They flower about June, and their Seed is ripe in July.

[*Argument and Virtues.*] It is a fine soft pleasing Herb, under the Dominion of the Moon. It is found to be as effectual as Purslain to all the uses whereunto it serveth, except for Meat only. The Herb bruised, the Juice applied (with cloaths, or sponges dipped therein) to the Region of the Liver, and as they dry, to have fresh used, doth wonderfully temper the heat of the Liver, and is effectual for all Imposthumes Swellings whatsoever; for all redness in the Wheals Pusles, Itch, Scabs; the Juice simply used or boiled with Hogs-grease applied, the same helpeth Cramps, Convul-

Hot Liver, Imposthumes, Swellings, red Face, Wheals, Pusles, Itch, Scabs, Cramp, Convulsion, Palsy, red Eyes, Hemorrhoids, Ulcers, Sinews.

sions and Palsies. The Juice or distilled water, is of much good use to all heats and redness in the Eyes, to drop some thereof into them; to anoint the Ears, to ease pains in them; and is of good effect to ease the heat and sharpness of Blood in the Piles, and generally all pains in the Body that arise of heat. It is used also in hot and virulent Ulcers Sores in the Privy Parts of Men or Women, or on the Legs, or elsewhere. The Leaves boiled with Marshmallows, and made into a Pultice with Fenugreek and Linseed, applied to Swellings or Imposthumes, ripen and break them, or swage the Swellings, and ease the Pains. It helpeth Sinews when they are shrunk by Cramps, or otherwise, and to extend and make them pliable again, by this Medicine. Boil an handful of Chickweed and a handful of Red Rose Leaves dried, but not distilled, in a pint of Muscadine, until a fourth part be consumed, then put to them a pint of Oil of Trotters or Sheeps-feet, let them boil a good while, still stirring them well, which being strained, anoint the grieved place there- with warm against the Fire, rubbing it well with ones hand, and bind some of the Herb (if you will) to the place, and with God's blessing, will help it in three times dressing.

## Cich-Pease, or Cicers.

[*Description.*] **T**HE Garden sorts, whether Red, Black or White, bring forth Stalks a yard long, whereon do grow many small almost round leaves, dented about the edges, set on both sides of a middle rib, at the Joints come forth one or two Flowers upon sharp Foot-stalks, Pease-like, either white or whitish, or purplish red, lighter or deeper, according as the sort follow will be, that are contained in small, thick and short Pods.

*Pods, wherein lie one or two Pease, more usually, a little pointed at the head and almost round as the Head, yet a little corner'd or sharp; the Root is hard and perisheth yearly.*

*Place and Time.]* They are sown in Gardens, or the Fields, as being sown later than Pease, and gathered at the same time with the present after.

*Government and Vertues.]* They are both under the Dominion of Mars. They are no less windy than Beans, but nourish more; they provoke

*Dysury, Seed encrease, Stone, Costiveness, Terms provokes, Pains in the Sides, Obstructions, Stone Open, Digest, Dissolve.*

and are thought to encrease Sperm; they cleanse the Faculty, whereby they break the Stone in the Kidneys. To drink the Cream of them, being boiled in water, is the best way. It opens the Belly downwards, provoketh Women's Menstrues and Urine, encreaseth both Milk and Urine. One ounce of Cicers, two ounces of French

and a small handful of Marsh-Mallow Roots, clean washed and cut small, and boiled in the Broth of a Chicken, and four ounces taken in the Morning and fasting two hours after, is a good Medicine for a Pain in the Side. The white Cicers used more for Meat than Medicines, yet have the same effect, and are thought more powerful to encrease Milk and Urine. The Wild Cicers are so much more powerful than the Garden kind, how much they exceed them in heat and driness, whereby they do open Obstructions, break the Stone, and have all the properties of cleansing, opening, digesting, and dissolving; and this more speedily and certainly than the former.

**Cinquefoyle, or Five-leaved-Grass; Called, in some Countie, Five-finger'd-Grass.**

*Description.]* [It spreadeth and creepeth far upon the Ground, with long strings like Strawberries, which take Root again, and forth many Leaves made of five parts, and sometimes of seven, dented at the Edges, and somewhat hard. The Stalks are slender, leaning downwards, bear many small yellow Flowers thereon, with some yellow Thrids in the middle standing about a smooth green Head; which when it is ripe, is a little rough, containeth small brownish Seeds. The Root is of a blackish brown colour, so big as one's little Finger, but growing long with some Thrids thereon, by the small Strings it quickly spreadeth over the Ground.

*Place.]* It groweth by Wood-sides, Hedge-sides, the Path-way in Fields, and in the Borders and Corners of them, almost through all this Land. *Time.]* It flowereth in Summer, some soon, some later.

*Government and Vertues.]* This is an Herb of Jupiter, and therefore strengthens the parts of the Body it rules; let Jupiter be Angular when it is gathered; and if you give but a Scruple, (which is

ny grains of it) at a time, either in White-  
 or White-wine-Vinegar, you shall very sel- *Agues.*  
 miss the Cure of an Ague, be it what Ague

in three fits, as I have often proved, to the Admiration both of my  
 and others; let no man despise it because it is plain and easie, the ways of  
 are all such. 'Tis the ungodliness and impudency of man, that hath  
 things hard, and hath (by so doing) made sport for all the Devils in  
 and grieved the good Angels; and when you read this, your own Ge-  
 (if you be any thing at all acquainted with it) may dictate to you many  
 and conclusions both of this and other Herbs.

an especial Herb used in all Inflammations  
 and Fevers, whether infectious or pestilenti-  
 among other Herbs to cool and temper the  
 and humours in the body. As also for all

Gargles, Injections, and the like for sore  
 Ulcers, Cancers, Fistula's, and other cor-  
 soul or running sores. The Juice hereof

about four ounces at a time for certain

together, cureth the Quinsy and yellow

edice; and taken for thirty days together, cu-

the Falling-sickness. The Roots boiled in

and drunk, is a most effectual Remedy for

fluxes in Man or Woman, whether the White

Red, as also the Bloody-Flux. The Root

ed in Vinegar, and the Decoction thereof held in the Mouth, easeth the

as of the Tooth-ach. The Juice or Decoction taken with a little Ho-

helpeth the hoarseness of the Throat, and is very good for the Cough

the Lungs. The Distilled Water of both Roots and Leaves, is also ef-

fectual to all the purposes aforesaid; and if the hands be often washed there-

and suffered at every time to dry in of it self without wiping, it will in

time help the Palsie, or shaking in them. The Root boiled in Vine-

helpeth all Knots, Kernels, hard Swellings, and Lumps, growing in

part of the Flesh, being thereto applied, as also all Inflammations, and

Anthony's-fire, all Imposthumes and painful sores, with heat and putre-

the Shingles also, and all other sorts of running and foul Scabs, Sores

itch. The same also boiled in Wine, and applied to any Joynts full

pain, ach, or the Gout in the hands or feet, or the Hip-gout, called the

and the Decoction thereof drunk the while, doth cure them, and

so much pain in the Bowels. The Roots are likewise effectual to help

ruptures or Burstings, being used with other things available to that

purpose, taken either inwardly or outwardly, or both; as also for Brui-

or hurts by blows, falls, or the like, and to stay the bleeding of

wounds in any part, inward or outward.

*Inflammations Fevers, Pe-  
 silence, sore Mouth, Ulcers,  
 Cancers, Fistula's, Quinsy,  
 yellow Jaundice, Falling-  
 Sickness, Flux, Terms stops,  
 Whites, Bloody-flux, Tooth-  
 ach, Hoarseness, Cough, Pal-  
 sie of the Hands, Knots in  
 the Flesh, St. Anthony's-  
 Fire, Shingles, Scabs, Itch,  
 Joynts pained, Sciatica,  
 Ruptures, Gout, Bruises,  
 Falls, Bleeding.*

some hold that one Leaf cures a Quotidian, three a Tertian, and four, a  
 man Ague, and a hundred to one if it be not *Dioscordes*, for he is full  
 Whimsies. The truth is, I never stood so much upon the number of

the



the Leaves, nor whether I give it in Powder or Decoction; If *Jupiter* strong, and the *Moon* applying to him, or his good Aspect at the ing, I never knew it miss the desired effects.

### Cives.

**C**alled also *Rush-Leeks*, *Chives*, *Civer*, and *Sweth*.

*Temperature and Virtues*] I confess I had not added these, had been for a Letter I received of a Country Gentleman, who certifieth that amongst other Herbs I had left these out; they are indeed a *Leeks*, hot and dry in the fourth Degree as they are, and also under the Dominion of *Mars*; if they be eaten raw (I do not mean raw opposed to roasted or boiled, but raw, opposite to Chymical Preparation) they are up very hurtful vapours to the Brain, causing troublesome sleep, and the Eye-sight; yet of them prepared by the Art of the *Alexiphlegm* may be made an excellent Remedy for the stoppage of *Urina*.

### Clary, or more properly Cleer-Eye.

**Descript.**] **O**ur ordinary Garden Clary hath four square stalks, with rough, wrinkled, whitish, or hairy green Leaves, somewhat cut in on the edges, and of a strong sweet scent, growing some near the ground and some by couples upon stalks. The flowers grow at certain distances with small Leaves at the joints under them, somewhat like unto the flowers of *Sedum*, smaller, and of a whitish blue colour. The seed is brownish and somewhat flat, so round as the wild, The Roots are blackish, and spread not far, and perish the seed time. It is usually sown, for it seldom riseth of its own sowing.

*Place.*] This groweth in Gardens.

*Time.*] It flowreth in June and July, some a little later than others; their Seed is ripe in August or thereabouts.

*Government and Virtues.*] It is under the Dominion of the *Moon*. The Seed is used to be put into the Eyes to drive them from Motes and other such like gotten within the Lids to offend them; also to clear them from white or red spots in the Eye. The Mucilage of the Seed made with *Water* and applied to Tumours, or Swellings, disperseth, and taketh them away; as also driveth forth Splinters, Thorns, or other things gotten into the Eye. The Leaves used with Vinegar, either by it self, or with a little *Honey* doth help hot Inflammations, as also Boils, Felons, and the hot Inflammations that are gathered by their pains, if it be applied before they are grown too great. The Powder of the dried Root put into the Eyes provoketh Sneezing, and thereby purgeth the Head and Brain of *Rheum* corruption. The Seed or Leaves taken in Wine, provoketh *Venerie*. It is of much use both for Men and Women that have weak Backs, to help to strengthen the Reins; used either by it self, or with

be conducing to the same effect, and in tansies often. The fresh Leaves  
in a Batter of Flower, Eggs and a little Milk, and fried in Butter,  
served to the Table, is not unpleasant to any, but exceeding profita-  
for those that are troubled with weak backs and the effects thereof.  
The Juice of the Herb put into Ale or Beer, and

bringeth down Womens Courses, and ex- . Afterbirth.

the Afterbirth.

is an usual course with many Men when they have gotten the running  
Reins, or Women the Whites, they run to the Bush of Clary, Maid,  
hither the Frying-pan, fetch me some Butter quickly, then for eat-  
fried Clary, just as Hogs eat Acorns, and this they think will cure  
Disease (forsooth), whereas, when they have devoured as much Clary as  
grow upon an Acre of ground, their Backs are as much the better, as  
if they had pissed in their shoes; nay perhaps much worse.

We will grant that Clary strengthens the Back; but this we deny, That  
cause of the Running of the Reins in Men, or the Whites in Women, lies  
in the Back (though the Back may sometimes be weakned by them) and  
before the Medicine is as proper, as for me when my Toe is sore, to  
use a Plaister to my Nose.

### Wild-Clary.

Wild Clary is most blasphemously called Christs Eye, because it  
cures Diseases of the Eyes. I could wish from my Soul, Blasphemy,  
Ignorance and Tyranny were ceased amongst Physicians, that they  
might be happy, and I joyful.

[Description.] It is like the other Clary, but lesser, with many stalks about a  
foot and a half high. The stalks are square and somewhat hairy. The Flowers of  
pale colour. He that knows the common Clary, cannot be ignorant of this.

[Place.] It grows commonly in this Nation in barren places; you may  
find it plentifully if you look in the Fields near Grays-Inn, and the Fields  
near Chelsey.

[Time.] They flower from the beginning of June, till the latter end of

[Government and Virtues.] It is something hotter and dryer than the  
common Clary is, yet nevertheless under the Dominion of the Moon, as well

as; the Seeds of it being beaten to Powder  
and drunk with Wine, is an admirable help to  
quench Lust. A decoction of the Leaves being  
drunk, warms the Stomach, and 'tis a wonder  
it should not, the Stomach being Canker, the

Lust provoketh, Congealed  
Blood, cold Stomach, sore  
Eyes, Films in the Eyes,  
Indigestion.

of the Moon. Also it helps Digestion, scatters congealed blood in any  
part of the Body, and helpeth dimness of sight. The distilled Water thereof  
cleareth the Eyes of redness, waterishness and heat, 'tis a gallant Remedy for  
dimness of sight, to take one of the Seeds of it and put into the Eyes, & there  
remain while it drop out of it self, the pain of it will be nothing to speak

on; it will cleanse the Eyes of all filthy and putrified matter, and in repeating of it, will take off a Film which covereth the sight; a handsomer, and easier remedy a great deal, than to tear it off with a Needle.

### Cleavers.

**I**T is also called Aparine, Goose-share, Goose-grass, and Cleavers.

**Description.]** The Common Cleavers hath divers very rough square not so big as the Tag of a Point, but rising up to be two or three yards high times, if it meet with any tall Bushes or Trees whereon it may climb, (yet not any claspers) or else much lower, and lying on the ground full of Joynts, and at one of them shooteth forth a branch besides the Leaves thereat, which are set in a round compass, like a Star, or a Rowel of a Spur: from between Leaves, at the joynts, towards the tops of the branches, come forth very white flowers at every end upon small, threddy foot-stalks, which after they fallen, there do shew two small, round and rough seeds, joyned together like rustles, which when they are ripe, grow hard and whitish, having a little hole in the side, somewhat like unto a Navet. Both stalks, leaves and seeds are so that they will cleave to any thing that shall touch them. The Root is small and very threddy, spreading much in the ground, but dyeth every year.

**Place.]** It groweth by the Hedge and Ditch sides in many places of Land, and is so troublesome an Inhabitant in Gardens, that it rampeth on, and is ready to choak whatever grows next to it.

**Time.]** It flowreth in June or July, and the seed is ripe, and falleth in the end of July or August, from whence it springeth up again, and from the old Roots.

**Government and Virtues.]** It is under the Dominion of the Moon. Juice of the Herb and the seed together taken with Wine, helpeth those that are bitten with venomous Beasts, Heart, Fatness, Yellow Jaundice, Bleed, bloody-Flux, Wounds, Ulcers, Swellings, Kings-Evil, pain in the Ears.

The Juice of the Herb and the seed together taken with Wine, helpeth those that are bitten with venomous Beasts, Heart, Fatness, Yellow Jaundice, Bleed, bloody-Flux, Wounds, Ulcers, Swellings, Kings-Evil, pain in the Ears. It is familiarly taken in Broth to keep the body and lank that are apt to grow fat. The distilled water drunk twice a day, helpeth the Yellow Jaundice, and the Decoction of the Herb by experience, is found to do the same, and stayeth Lasks and Bloody-Flux. The juice of the Leaves, or they a little bruised and applied to any bloody wounds, stayeth the bleeding. The juice also is very good to close the lips of green wounds, and the Powder of the dried Herb strew'd thereon, doth the same, and likewise helpeth old Ulcers. Being boiled in Hogsgrease, it helpeth all sorts of hard swellings, or Kernels in the Throat, being anointed therewith. The Juice dropped into the Ears taketh away the pain of them.

It is a good Remedy in the Spring, eaten (being first chopped small and boiled well) in Water-gruel, to cleanse the Blood, and strengthen the liver, thereby keeping the Body in health, and fitting it for that change of Season that is coming.

## Clowns Woundwort.

**description.]** **I**t groweth up sometimes to three or four foot high, but usually about two foot, with square, green, rough stalks, but slender, and somewhat far asunder, and two very long, and somewhat narrow dark green leaves, bluntly dented about the edges thereof, ending in a long point. The Flowers stand towards the tops, compassing the stalks at the joints with the Leaves, and likewise in a spiked top, having long and much open gaping hoods of a purplish colour with whitish spots in them, standing in somewhat rough Husks, wherein towards stand blackish round seeds. The root is composed of many long strings, with some tuberous long knobs growing among them, of a pale yellowish or whitish colour, yet some times of the year these knobby Roots in many places are not seen in this Plant: The whole Plant smelleth somewhat strongly.

**Place.]** It groweth in sundry Countries of this Land, both North and South, and frequently by Path-sides in the Fields near about London, and within three or four miles distant about it, yet usually grows in or near hedges.

**Time.]** It flowreth in June and July, and the Seed is ripe soon after.

**Governement and Virtues.]** It is under the Dominion of the Planet Saturn.

It is singularly effectual in all fresh and green Wounds, and therefore beareth not this Name in vain. And is very available in stenching Blood, and to dry up the fluxes of Humours, and fretting Ulcers, Cankers, &c. that hinder the healing of them.

A Syrup made of the Juice of it is inferior to any for inward Wounds, Ruptures of Veins,

Bloody-Flux, Vessels broken, spitting, pissing, or vomiting Blood: Ruptures are excellently; and speedily, even to admiration, cured, by taking of the Juice, and then a little of the Syrup, and applying an Ointment or Plaister of this Herb to the place. Also if any Vein be swelled, or Muscle, apply a little of this Herb to it, and if you add a little Comfrey to it, it will do amiss. I assure thee, the Herb deserves commendations though it have gotten but a clownish Name; and whosoever reads this (if he try it) will commend it as well as I have done; only take note that it is of a dry earthy quality.

Wounds, Ulcers, Blood, Cankers, Bloody-Flux, Vessels broken, Ruptures, spitting, pissing, and vomiting Blood, Veins swelled, Muscles out.

## Cocks-Head, Red Fitchling, or Medick Fetch.

**description.]** **T**his hath divers weak, but rough stalks, half a yard long, leaning downwards, beset with winged Leaves, longer and more pointed than those of Lentiles, and whitish underneath; from the tops of the stalks, arise up other slender stalks, naked without Leaves unto the tops, where there grow many small Flowers in manner of a spike, of a pale reddish colour,



colour, with some blewness among them: after which rise up in their round, rough, and somewhat flat heads. The Root is tough and somewhat yet liveth and shooteth anew every year.

*Place.*] It groweth under Hedges, and sometimes in the open Field divers places of this Land.

*Time.*] They flower all the Months of *July* and *August*, and the Seed peneth in the mean while.

*Government and Virtues.*] It is under the Dominion of *Venus*. It hath power to rarifie and digest, and therefore the green Leaves bruised and laid as a Plaister, disperse Knots, Nodes, or kernels in the Flesh; and if when it is dry it be broken in Wine, it helpeth the Strangury; and being anointed with Oil, it provoketh Sweat, is a singular food for Cattel, to cause them give store of Milk; and why then may it not do the like, being boiled in ordinary drink, for Nurses?

### Columbines.

**T**Hese are so well known, growing almost in every Garden, that I may save the expence of time in writing a Description of them.

*Time.*] They flower in *May*, and abide not for the most part when they are past, perfecting their Seed in the mean time.

*Government and Virtues.*] It is also an Herb of *Venus*. The Leaves of Columbines are commonly used in Lotions with good success for sore Mouths and Throats: *Tragus* saith, That a dram of the feed taken in Wine with a little Saffron, openeth Obstructions of the Liver, and is good for Yellow Jaundice, if the party after the taking thereof be laid to sweat well in the Bed.

The feed also taken in wine, causeth a speedy delivery of Women in Child-birth; if one draught suffice not, let her drink a second, and it is effectual: The Spaniards use to eat a piece of the feed thereof in a morning fasting many days together, to help them being troubled with the Stone in the Reins or Kidneys.

### Colts-foot.

**C**alled also Cough-wort, Foals-foot, Horse-hoof, and Bulls-foot.

*Descript.*] This shooteth up a slender stalk, with small yellowish flowers somewhat early, which fall away quickly; and after they are past, come up somewhat round Leaves, sometimes dented a little about the edges, much lesser, stiffer, and greener than those of Butter-bur, with a little down or freeze on the green Leaf on the upper side, which may be rubbed away, and whitish or mealy underneath. The Root is small and white, spreading much under ground, so that where it taketh, it will hardly be driven away again, if any little piece be digging therein; and from thence spring fresh Leaves.

*Place.*] It groweth as well in wet grounds, as in drier places.

*Time.*] And flowereth in the end of February, the Leaves beginning to appear in March.

*Government and Virtues.*] The Plant is under *Venus*, the fresh Leaves or  
 or a Syrup thereof, is good for a hot dry  
 Cough or Wheezing and shortness of Breath. The  
 Leaves are best for those that have thin  
 humors and Distillations upon their Lungs, cau-  
 sing a Cough, for which also the dried Leaves  
 as Tobacco, or the Root, is very good. The  
 distilled Water hereof simply, or with Elder-  
 flowers and Nightshade, is a singular good Re-  
 medy against all hot Agues, to drink two ounce  
 at a time, and apply cloaths wet therein to the Head and Stomach,  
 which also does much good being applied to any hot Swellings or Inflam-  
 mations; It helpeth *St. Anthony's fire* and Burnings, and is singular good  
 to take away Wheals and small Pusshes that arise through Heat: as also  
 the burning heat of the Piles, or Privy-parts, cloaths wet therein being  
 unto applied.

*Cough, Wheezing, short-  
 ness of Breath, Agues, In-  
 flammations, Swellings,  
 St. Anthony's fire, Burn-  
 ings, cholerick Pusshes, Piles,  
 Inflammations in the Pri-  
 vities.*

### Comfry.

*Description.*] **T**HE common great Comfry hath divers and very large and  
 hairy green Leaves lying on the ground, so hairy or prick-  
 that if they touch any tender parts of the hands, face or body, it will cause it  
 to itch; the Stalk that riseth up from among them, being two or three foot high,  
 round and cornered, is very hairy also, having many such like leaves as grow  
 on, but lesser and lesser up to the top. At the joints of the stalks it is divided  
 into many branches, with some Leaves thereon, and at the ends stand many flow-  
 ers in order one above another, which are somewhat long and hollow like the finger  
 of a Glove, of a pale whitish colour, after which come small black seed. The Roots  
 are great and long, spreading great thick branckes under ground, black on the  
 outside, and whitish within, short or easie to break, and full of glutinous or clam-  
 my juice, of little or no taste at all.

There is another sort in all things like this, save only it is somewhat less, and  
 hath flowers of a pale purple colour.

*Place.*] They grow by Ditches and Water-sides, and in divers Fields that  
 are moist, for therein they chiefly delight to grow. The first generally  
 through all the Land, and the other but in some several places.

By the leave of my Authors, I know the first grow often in dry places.

*Time.*] They flower in June and July, and give their seed in August.

*Government and Virtues.*] This is also an Herbe of Saturn, and I suppose  
 under the Sign Capricorn, cold, dry, and earthy  
 in quality. What was spoken of Clowns Wound-  
 cure, may be said of this. The great Comfry  
 helpeth those that spit Blood, or make a bloody  
 urine. The Root boiled in Water or Wine, and the decoction drunk,  
 helpeth all inward hurts, bruises, and wounds, and Ulcers of the Lungs,  
 drawing the flegm that oppresseth them to be easily spit forth: It stayeth the  
 fluxions of Rheum from the Head upon the Lungs, the fluxes of Blood or

*Spitting and pissing Blood,  
 inward Wounds and Brui-  
 ses, Peisick.*

*Bloody-Flux, Terms stops, Whites, Nerves cut, Muscles cut, sharp Humours, Wounds, Ruptures, broken Bones, Knootted Breasts, Hemorrhoids, Inflammation, Gout, pained Joints, Gangreens.*

humors by the Belly, Womens immoderate Courses, as well the Reds as the Whites, and Running of the Reins, hapning by whatsoever. A Syrup made thereof is very effectual for all those inward Grievs and Hurts, and distilled Water for the same purpose also, for outward wounds and sores in the fleshy or soft part of the body whatsoever; as also to stay the fits of Agues, and to allay the smart

of Humours. A Decoction of the Leaves hereof is available to all purposes, tho' not so effectual as the Roots. The Roots being outwardly applied, help fresh wounds, or cut, immediately, being bruised and thereunto; and is especially good for Ruptures and brokenbones: y<sup>e</sup> is said to be so powerful to consolidate and knit together, that if the boiled with dissevered pieces of Flesh in a Pot, it will join them together again. It is good to be applied to Womens Breasts that grow sore by abundance of Milk coming into them. As also to repress the overmuch bleeding of the Hemorrhoids, to cool the Inflammations of the parts thereabouts, and to give ease of pains. The Roots of Comfry taken fresh, beaten small and spread upon Leather, and laid upon any place troubled with the Gout, doth presently give ease of the pains; and applied in the same manner, giveth ease to pained Joints, and profiteth very much for burning and moist Ulcers, Gangreens, Mortifications, and the like, for which it hath by often experience, been found helpful.

### Coral-wort.

**I**T is also called by some, Tooth-wort, Tooth-Violet, Dog-teeth V. and Dentaria.

*Description.]* Of the many sorts of this Herb, two of them may be seen growing in this Nation; the first of which shooteth forth one or two Leaves, upon long brownish foot-stalks, which are doubled down at their first coming out of the ground: when they are fully opened, they consist of seven Leaves, most commonly of a sad green colour, dented about the edges, set on both sides the middle Rib, one against another, as the Leaves of the Ash-tree; the stalk beareth no Leaves on the lower half of it, the upper half beareth sometimes three or four, each consisting of five Leaves, sometimes of three; on the top stand four or five Flowers upon short foot-stalks, with long Husks; the Flowers are very like the Flowers of Stock-Gilliflowers, of a pale purplish colour, consisting of four Leaves a piece, after which come small Cods which contain the Seed; the Root is smooth, white and shining, it doth not grow downwards, but creeping under the upper crust of the ground, and consisteth of divers small round knots together; toward the top of the stalk there grow some single Leaves, by which cometh a small round cloven Bulb, which when it is ripe, if it be left in the ground, it will grow to be a Root.

As for all the other Coral-wort, which groweth in this Nation, 'tis

any than this, being a very small Plant, not much unlike *Crowfoot*, there-  
fore some think it to be one of the sorts of *Crowfoot*; I know not where  
direct you to it; and therefore I shall forbear the Description.

[*Place.*] The first groweth in *Mayfield* in *Suffex*, in a Wood called *High-*  
and in another Wood there also, called *Fox-holes*.

[*Time.*] They flower from the latter end of *April*, to the middle of *May*;  
before the middle of *July* they are gone and not to be found.

[*Government and Virtues.*] It is under the Dominion of the *Moon*. It clean-  
s the Bladder and provoketh Urine, expels

the Stone, it easeth pains in the Sides  
Bowels, is excellent good for inward  
wounds, especially such as are made in the  
Lungs; by taking a dram of the Pow-  
der of the Root every Morning in wine; the  
is excellent good for Ruptures, as also to  
Fluxes; an Ointment made of it, is excellent good for wounds and  
sores; for it soon dries up the watry Humour which hinders the Cure.

*Dysury, Gravel, Stone,  
Sides, Bowels, Wounds in  
the Breasts and Lungs,  
Ruptures, Fluxes, Wounds  
and Ulcers.*

### Costmary, or Alecost, or Balsam Herb.

This is so frequently known to be an Inhabitant in almost every Gar-  
den, that I suppose it needless to write a Description thereof.

[*Time.*] It flowereth in *June* and *July*.

[*Government and Virtues.*] It is under the Dominion of *Jupiter*. The or-  
inary *Costmary*, as well as *Maudlin*, provoketh

the Mother, it gently purgeth Cholera and  
the hardness  
m, extenuating that which is gross, and cut-  
ting that which is tough and glutinous; clean-  
s that which is foul, and hindreth putrefacti-  
on and Corruption; it dissolveth without At-  
tention, openeth Obstructions, and healeth their

*Dysury, Womb, Choler,  
Flegm, Putrefaction, Cor-  
ruption, Obstructions, Qua-  
ntidian Agues, Stomach,  
Liver, Head-ach, Rheum,  
Raw Humours, Cachexia,  
Worms, Ulcers.*

Effects, and is a wonderful help to all sorts of Day-Agues. It is astrin-  
gent to the Stomach, and strengtheneth the Liver and all the other inward  
parts; and taken in Whey, worketh the more effectually. Taken fasting  
in the morning it is very profitable for the pains in the Head that are  
continual, and to stay, dry up and consume all thin Rheums or Distilla-  
tions from the Head into the Stomach, and helpeth much to digest raw  
Humours that are gathered therein. It is very profitable for those that are  
fallen into a continual evil disposition of the whole body, called *Cachexia*,  
being taken especially in the beginning of the Disease. It is an especial  
friend and help to evil, weak and cold Livers. The Seed is familiarly gi-  
ven to Children for the Worms, and so is the infusion of the Flower in White-  
wine, given them to the quantity of two ounces at a time; it maketh an  
excellent Salve to cleanse and heal old Ulcers, being boiled with Oil Olive,  
and Adder's Tongue with it, and after it is strained, to put a little Wax,  
Saffron and Turpentine, to bring it into a convenient body.



## Cudweed, or Cotton-weed.

**B**esides Cudweed and Cottonweed, it is also called Chafweed, Dwarf-Cotton, and Petty-Cotton.

**Description.]** The common Cudweed riseth up with one stalk sometimes sometimes with two or three, thick set on all sides with small, long and narrowish or woody leaves, from the middle of the stalk almost up to the top; with leaf, standeth a small Flower, of a dun or brownish yellow colour, or not so as others; in which Herbs after the Flowers are fallen, come small Seed up with the Down therein, and is carried away with the Wind; the small and thready.

There are other sorts hereof, which are somewhat lesser than the former, much different, save only that the Stalks and Leaves are shorter, so the are paler and more open.

**Place]** They grow in dry, barren, sandy and gravelly Grounds, in places of this Land.

**Time]** They flower about July; some earlier, some later, and their is ripe in August.

**Government and Virtues.]** Venus is Lady of it. The Plants are all agent, or binding and drying, and therefore fitable for defluxions of Rheum from the Head and to stay fluxes of blood wheresoever. The decoction being made into red Wine and drink, or the Powder taken therein; It also helpeth bloody Flux, and easeth the Torments that thereby, stayeth the immoderate Courses of Women, and is also good inward or outward Wounds, Hurts and Bruises, and helpeth Children of Burstings and the Worms, and the Disease called *Tenasmus*, which is often provocation to the Stool, and doing nothing, being either drawn injected. The green Leaves bruised, and laid to any green Wound, stayeth the bleeding, and healeth it up quickly. The Decoction or Juice thereof doth the same, and helpeth all old and filthy Ulcers quickly. The Juice of the Herb taken in Wine and Milk, is as *Pliny* saith, a sovereign Remedy against the Mumps and Quinsy; and further saith, That whosoever shall take it, shall never be troubled with that Disease again.

Bind, dry Fluxes, Terms, ill stopped Ruptures, Worms, Tenasmus, Wounds, Bleeding, Ulcers, Quinsy.

## Cowslips, or Peagles.

**B**oth the wild and garden Cowslips are so well known, that I will neither trouble my self, nor the Reader with any description of them.

**Time.]** They flower in April and May.

**Government and Virtues.]** Venus lays claim to the Herb as her own, and is under the Sign *Aries*, and our City Dames know well enough, the Ointment or distilled water of it adds beauty, or at least restores it when it is lost. The Flowers are held to be more effectual than the Leaves, and the Roots of little use. An Ointment being made, with them, taketh away spots and wrinkles of the Face.

Spots, Wrinkles, Sunburn.

Sun-burning and Freckles, and adds Beauty accordingly; they remedy all infirmities of the Head, coming of Heat and Wind, as Vertigo, Head-aches, False Apparitions, Frensies, Falling-sickness, Palsies, Convulsions, Cramps, Pains in the Nerves. The Roots ease pains in the Back and Sides, and open the passages of Urine. The Flowers are good in Wounds, and the Flowers take away Trembling. If the Flowers be not well dried and kept in a warm place, they will soon wither and look green, have a special Eye over them. If you let them see the Sun once a Month, it will do neither the Sun nor them harm. Because they strengthen the Brain and Nerves, and remedy Palsies, the Physicians gave them the name *Paralysis*: The Flowers preserved or conserved, with the quantity of a Nutmeg eaten every Morning, is a sufficient Dose against inward Diseases; but for Wounds, Spots, Wrinkles, and Sun-burning, an Ointment is made of the Leaves and Hogs-grease.

### Crabs-Claws.

Called also Water-Sengreen, Knights Pond-wort, Water-Houseleek, Pond-weed and Fresh-water Soldier.

[Description] It hath sundry long narrow Leaves, with sharp prickles on the edges of them, also very sharp-pointed, the Stalks which bear Flowers, seldom grow higher than the Leaves, bearing a forked head like a Crabs Claw; out of which comes a white Flower, consisting of three Leaves, with divers yellowish hairy Threads in the middle; it taketh Root in the Mud in the bottom of the Water.

[Place.] It groweth plentifully in the Fens in Lincolnshire.

[Time.] It Flowers in June, and usually from thence till August.

[Government and Virtues.] 'Tis a Plant under the Dominion of Venus, and therefore a great strengthner of the Reins; it is excellent good in that Inflammation which is commonly call'd St. Anthony's-Fire; it asswageth Inflammations and swellings in Wounds; and an Ointment made of it, is excellent good to cure them; there is scarce a better Remedy growing than this is, for such as have bruised their Kidneys, and upon that account pissing Blood; a dram of the Powder of the Herb taken every Morning, is a very good Remedy to stop the Terms.

Reins, St. Anthony's fire, Inflammations and Swellings in Wounds, Kidneys bruised, pissing Blood, Terms stops.

### Black-Cresses.

[Description.] It hath long Leaves deeply cut and jagged on both sides, not much unlike Wild Mustard; the Stalks be small, very limber, tho' very tough, you may twist them round as you may a Willow before they break. The Stones be very small and yellow, after which come small Cods, which contain the Seed.

[Place.] It is a Common Herb, grows usually by the Way-sides, and sometimes

times upon Mudwalls about London, but it delights most to grow in Stones and Rubbish.

*Time.*] It Flowers in June and July, and the seed is ripe in August and September.

*Government and Virtues.*] 'Tis under the Dominion of Mars, and Plant of a hot and biting Nature, the Seed of Bank Cresses, strengthens the Brain, Rheums, Lungs, Cough, Yellow Jaundice, Sciatica, Inflammations in the Breast and Testicles.

may beat the seed into powder if you please, and make it up into an Ointment with Honey; so you have an Excellent Remedy by you, not only for the Premises, but also for the Cough, Yellow Jaundice and Sciatica. The Herb boiled into a Pultis is an excellent Remedy for Inflammation both in Womens Breasts, and Mens Testicles.

### Sciatica-Cresses.

*Descript.*] These are of two kinds: The first riseth up with a round Staff, two foot high, spread into divers branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut or torn on the Edges somewhat like Garden-Cresses, but smaller; The Flowers are small and white, growing at the tops of the Branches, where afterwards grow Husks, with small blackish Seed therein, very strong and sharp in taste, more than the Cresses of the Garden: The Root is long, white, and woody.

The other hath the lower Leaves whole, somewhat long and broad, not torn at all, but only somewhat deeply dented about the Edges towards the ends; but those that grow up higher, are lesser. The Flowers and Seeds are like the former, and is the Root likewise, and both Root and Seed as sharp as it.

*Place*] These grow by the Waysides in untilled Places, and by the sides of old Walls.

*Time.*] They Flower in the end of June, and their Seed is ripe in July. *Government and Virtues.*] It is a Saturnine Plant. The Leaves, but especially the Root, taken fresh in Summer-time, beaten and made into a Pultis or Salve with old Hogs-grease, and applied to the

Sciatica, Gout, Head-ach, Rheums.

place pained with the Sciatica, to continue there four hours, if it be on a Man, and two hours on a Woman; the place afterwards bathed with Wine and Oil mixed together, and then wrapped with Wool or Skins, if they have sweat a little, will assuredly Cure not only the same Disease in the Hips, Huckle-bone, or other of the Joynts, as the Gout in the Hands and Feet, but all other old Grievs of the Head, (as inveterate Rheums) and other parts of the Body that is hard to be cured. And if of the newer Grievs any parts remain, the same Medicine after twenty days to be applied again, The same is also effectual in the Disease

Spleen, and applied to the Skin, it taketh the blemishes thereof, whether they be Leprosy, Scabs or Scurf, which altho it ul-  
 the part, yet that is to be helped afterwards with a Salve made of  
 and Wax. Esteem of this as another Secret.

### Water-Cresses.

**Script.]** Our ordinary Water-Cresses spread forth with many weak hollow  
 sappy Stalks, shooting out Fibers at the Joints, and upwards, long  
 Leaves, made of sundry broad, sappy, almost round Leaves, of a brownish  
 The Flowers are many and white, standing on long foot-stalks, after which  
 small yellow Seed, contained in small long Pods like Horns. The whole Plant  
 Green in the Winter, and tasteth somewhat hot and sharp.

**Place.]** They grow (for the most part) in small standing Waters, yet  
 times in small Rivulets of Running Water.

**Time.]** They Flower and Seed in the beginning of Summer.

**Goverment and Virtues.]** It is an Herb under the Dominion of the Moon.  
 They are more powerful against the Scurvy, and

cleanse the Blood and Humors, than Brook-  
 is, and serve in all the other uses in which  
 time is available, as to break the Stone, and  
 Urine and Womens Courses. The De-  
 tion thereof cleanseth Ulcers, by washing  
 therewith. The Leaves bruised, or the

Scurvy, Blood, Humours,  
 Stone, Dysjury, Terms pro-  
 vokes, Ulcers, Freckles,  
 Pimples, Spots, Dulness,  
 Lethargy.

is, is good to be applied to the Face, or other parts troubled with Freck-  
 Pimples, Spots, or the like, at night, and washed away in the Morn-  
 The Juice mixed with Vinegar, and the fore part of the Head bathed  
 with, is very good for those that are dull and drowsie, or have the  
 Lethargy.

Water-Cress Pottage, is a good Remedy to cleanse the Blood in the  
 Spring, and help Head-aches, and consume the gross humors Winter hath  
 behind; those that would live in health, may use it if they please; if  
 will not, I cannot help it: If any fancy not Pottage, they may eat  
 Herb as a Sallet.

### Cross-wort.

**Script.]** Common Cross-wort groweth up with square, hairy brown Stalks  
 little above a foot high, having four small broad and pointed,  
 yet smooth green Leaves, growing at every joint, each against other cross-  
 which has caused the Name. Toward the tops of the Stalks, at the Joints,  
 the Leaves in three or four rows downwards, stand small, pale, yellow Flow-  
 after which come small, blackish, round Seed, four for the most part set in  
 Husk. The Root is very small, and full of Fibres, or threads, taking good hold  
 Ground, and spreading with the Branches a great deal of Ground, which  
 not in Winter, although the Leaves dye every Year, and spring again anew.

**Place.]**



*Place.*] It groweth in many moist Grounds, as well Meadows, as led places about London; in *Hampstead Church-yard*, at *Wye* in *Kent*; Sundry other places.

*Time.*] It flowereth from *May* all the Summer long in one place or as they are more open to the Sun; the seed ripeneth soon after.

*Government and Virtues.*] It is under the Dominion of *Saturn*. The singular good Wound-herb, and is used inwardly, not only to stay bleeding of Wounds, to consolidate them, as it doth outwardly green Wounds, which it quickly fodereth and healeth. The Decoction of the Herb in Wine, helpeth to expectorate *Flegm* out of the Chest, and is good for Obstructions in the Breast, Stomach, or Bowels, and helpeth a decayed Appetite. It is also good to wash any Wound Sore with, to cleanse and heal it. The Herb bruised, and then boiled, applied outwardly for certain days together, renewing it often, in the mean time the Decoction of the Herb in the Wine taken inwardly every day, doth certainly cure the Rupture in any; so as it be not too veterate; but very speedily, if it be fresh and lately taken.

*Wounds inward and outward, Flegm, Obstructions, Stomach, Bowels, Ruptures.*

### Crowfoot.

**M**Any are the Names this furious biting Herb hath obtained, almost enough to make up a *Welshman's Pedigree*, if he fetch no further than *John of Gaunt*, or *William the Conqueror*; for it is called *Frogs-foot*, the Greek name, *Batrakion*; Crow-foot, Gold-knobs, Gold-cups, King-knobs, Bassiners, Troll-flower, Polts, Locker-goulions, and Butter-flowers.

Abundance are the sorts of this Herb, that to describe them all, would tire the patience even of *Socrates* himself; but because I have not yet attained to the Spirit of *Socrates*, I shall but describe the most usual.

*Descript.*] The most common Crowfoot hath many dark green Leaves, parted into divers parts, in taste biting and sharp, biting and blistering the Tongue, bears many Flowers, and those of a bright resplendent yellow Colour: I do not remember that I ever saw any thing yellower. Virgins in ancient time used to make garlands of them to strew Bride-beds; after which Flowers come small heads of Seed round, but rugged like a Pine-Apple.

*Place.*] They grow very common every where, unless you turn your Head into a Hedge, you cannot but see them as you walk.

*Time.*] They flower in *May* and *June*, even till *September*.

*Government and Virtues.* This fiery and hot spirited Herb of *Mars* is in no way fit to be given inwardly, but an Ointment of the Leaves or Flowers will draw a Blister, and may be so fitly applied to the Nape of the Neck, to draw back Rheum from the Eyes. The Herb being bruised and mixed with a little Mustard, draws a Blister as well and as perfectly as *Cantharides*, and is far less danger to the Vessels of Urine, which *Cantharides* naturally deluges with wrong; I knew the Herb once applied to a Pestilential rising that was full of

and it saved life even beyond hope ; it were good keeping an Ointment and Plaster of it, if it were but for that.

### Cuckow-pint.

Is called *Aaron*, *Jarus*, and *Barba-aaron*, *Calves-foot*, *Ramp*, *Starch-wort*, *Cuckow-pintle*, *Priests-pintle*, and *Wake-Robin*.

[Script.] This shooteth forth three, four, or five Leaves at the most, from the Root, every one whereof is somewhat large and long, broad at the bottom, at the stalk, and forked, but ending in a point, without cut on the edges, of a green colour, each standing upon a thick round stalk, of a handfull breadth or more ; among which, after two or three months that they begin to wither, comes up a bare, round, whitish green stalk, spotted and straked with purple, somewhat higher than the Leaves : at the top whereof standeth a long, hollow hose or tube close at the bottom, but open from the middle upwards, ending in a point ; in the middle whereof standeth a small long Pestle or Clapper, smaller at the bottom than at the top, of a dark purple colour as the Husk is on the inside, though without, which after it hath so abiden for some time, the Husk with the time decayeth, and the foot or bottom thereof groweth to be a small long bunch of berries, green at the first, and of a yellowish red colour when they are ripe, of the bigness of a Hazel Nut Kernel ; which abideth thereon almost until Winter : the Root is round, and somewhat long, for the most part lying along, the Leaves shoot forth at the bigger end, which when it beareth, his berries are somewhat wrinkled and loose, another growing under it, which is solid and firm, with many small threds hanging thereat. The whole Plant is of a very sharp taste, pricking the Tongue as Nettles do the Hands, and so abideth for a while without alteration. The Root hereof was anciently used instead of starch Linnen withall.

There is another sort of Cuckow-pint, with lesser Leaves than the former, somewhat harder, having blackish spots upon them, which for the most part longer green in Summer than the former ; and both Leaves and Roots are sharper and fiercer than it : In all things else it is like the former.

[Use.] These two sorts grow frequently almost under every Hedge-side in many places of this Land.

[Time.] They shoot forth Leaves in the Spring, and continue but until the middle of Summer, or somewhat later ; their Husks appearing before they fall away ; and their fruit shewing in April.

[Government and Virtues.] It is under the Dominion of Mars. *Tragus* Remetheth, That a dram weight, or more if need be, of the spotted *Wake-Robin*, either fresh and green, or dried, being beaten and mixed with Wine, is a most present and sure Remedy for Poyson, and the Plague. The Juice of the Herb taken

Poyson, Plague, Boil, Difficulty of Breath, Cough.

with the quantity of a spoonful, hath the same effect. But if there be a little Sugar added thereunto, as well as unto the Root aforesaid, it somewhat allayeth the sharp biting taste thereof upon the Tongue. The green Leaves bruised and laid upon any Boil or Plague-sore, doth wonderfully help

help to draw forth the Poyson: A dram of the powder of the dried taken with twice so much Sugar in the form of a licking Electuary, green Root, doth wonderfully help those that are purvie and short-winded as also those that have a Cough; it breaketh, digesteth, and riddeh Flegm from the Stomach, Chest and Lungs. The Milk wherein the hath been boiled, is effectual also for the same purpose. The said Root taken in Wine or other Drink, or the Juice of the Berries, or the Powder of them, or the Wine wherein they have been boiled, provoketh Urine, and bringeth forth Womens Courses, and purgeth them effectually after Child-bearing, to bring away the Child at birth. Taken with Sheeps-Milk, it healeth inward Ulcers of the Bowels. The distilled Water hereof is effectual to all the purposes aforesaid. A spoonful taken at a time, healeth the Itch. An ounce or more taken at a time for three days together, doth help the Rupture:

*Flegm, Dysury, Terms provoked, After-birth, Ulcers, Itch, Ruptures, Polypus, Eyes, Throat, Jaws, Gout, Piles or Hemorrhoids, Fundament falling down, Scurf, Freckles, spots, Blemishes.*

Leaves either green, or dry, or the Juice of them doth cleanse all manner of rotten and filthy Ulcers in what parts of the Body soever, and healeth the stinking Sores in the Nose, called *Polypus*. The Water wherein the hath been boiled, dropped into the Eyes, cleanseth them from any cloud or Skin, clouds or Mists, which begin to hinder the Sight, and helpeth watering or redness of them; or when by some chance they become inflamed and blew. The Root mixed with Bean-flower, and applied to the Throat or Jaws that are inflamed, helpeth them. The Juice of the Berries mixed in Oil of Roses, or beaten into Powder mixed with the Oil, and dropped into the Ears, easeth pains in them. The Berries, or the Roots, beaten with hot Ox-Dung and applied, easeth the pains of the Gout. The Leaves or Roots boiled in Wine with a little Oil, and applied to the Piles, or the falling down of the Fundament, easeth them; and so doth sitting upon the hot fumes thereof. The fresh Roots bruised, and distilled with a little Milk, yieldeth a most Sovereign Water to cleanse the Skin from Scurf, Freckles, Spots or Blemishes whatsoever therein.

Authors have left large commendation of this Herb you see, but for my part, I have neither spoken with Dr. Reason, or Dr. Experience about it.

Cucumers, Or, (according to the pronounciation of the Vulgar)  
Cowcumbers.

**G**overnment **T**Here is no Dispute to be made, but that they are under the Dominion of the Moon, and though they are so much cried out against for their coldness; and if they were but one Degree hotter, they would be Poyson. The best of Galenists hold them to be cold and moist in the second degree, and then not so hot as either Lettice or Purslane.

are excellent good for hot Stomachs, and  
livers; the unmeasurable use of them, fills the  
full of raw humours, and so indeed the un-  
measurable use of any thing else doth harm.  
Juice of Cucumers, the Face being washed  
with it, cleanseth the skin, and is excellent good  
for Rheums in the Eyes; the Seed is excel-  
lent to provoke Urine, and cleanseth the passages

*Stomach hot, Liver hot, Hu-  
mours raw, Skin cleanseth,  
hot Rheums in the Eyes,  
provokes Urine; and cleans-  
eth the Passages, Ulcers in  
the Bladder, Red Face, Sun-  
burning, Freckles, Morpew.*

when they are stopped; neither do I think there is a better Re-  
medy for Ulcers in the Bladder growing than Cucumers are. The usual  
way is to use the Seeds in Emulsions, as they make Almond Milk; but a  
way far (in my opinion) is this, when the Season of the year is, to  
bruise the Cucumers and bruise them well, and distill the water from them,  
let such as are troubled with Ulcers in the Bladder, drink no other  
water. The Face being washed with the same water, cureth the reddest Face  
in the world; it is also excellent good for Sun-burning, Freckles and Morpew.

### Daisies.

These are also so well known almost to every Child, that I suppose it  
altogether needless to write any Description of them. Take there-  
fore the Virtues of them as followeth.

*Goverment and Virtues.*] The Herb is under the Sign Cancer, and under  
the Dominion of Venus, and therefore excellent good for Wounds in the  
head, and very fitting to be kept both in Oils, Ointments and Plaisters, as  
in Syrup. The greater wild *Daisy* is a Wound-herb of good respect,

used in those Drinks or Salves that are for  
wounds, either inward or outward. The Juice  
distilled water of these, or the small *Daisies*,  
much temper the heat of Choler, and re-  
fresh the Liver, and the other inward parts. A  
Decoction made of them and drunk, helpeth to

*Wounds inward and out-  
ward, Choler, Liver, Breast,  
Ulcers, Swellings, Kernels,  
Bruises, Falls, Ruptures,  
Burnings, Inflammations,*

the Wounds made in the hollowness of the Breast. The same also  
cureth all Ulcers and Pustules in the Mouth or Tongue, or in the Secret  
parts. The Leaves bruised and applied to the Cods, or to any other parts  
that are swollen and hot, doth dissolve it, and temper the heat. A Deco-  
ction made hereof with Wallwort and Agrimony, and the places foment-  
ed or bathed therewith warm, giveth great ease to them that are troubled  
with the Palsy, Sciatica, or the Gout. The same also disperseth and dis-  
solueth the Knots or Kernels that grow in the Flesh of any part of the  
body, and Bruises and Hurts that come of Falls and Blows; they are also  
good for Ruptures and other inward burnings, with very good success. An  
Ointment made hereof, doth wonderfully help all Wounds that have In-  
flammations about them, or by reason of moist humours having access un-  
to them, are kept long from healing, and such are those for the most part  
that happen to the Joints of the Arms or Legs. The Juice of them drop-  
ped into the running Eyes of any, doth much help them.

Dande.



## Dandelyon, vulgarly called Pifs-a-Beds.

**Descript.]** It is so well known to have many long, and deep-gashed Leaves on the ground round about the head of the Root; the each gash or jag on both sides, looking downwards towards the Root; the Rib being white, which broken, yieldeth abundance of bitter Milk, but much more: from among the Leaves, which always abide green, arise slender, weak, naked foot-stalks, every one of them bearing at the top one yellow Flower, consisting of many rows of yellow Leaves, broad at the point, nicked in with a deep spot of yellow in the middle, which growing ripe, the husk wherein the Flower stood, turneth it self down to the stalk, and the Down becometh as round as a Ball, with long, reddish Seed underneath; but part of the Down on the head of every one, which together is blown away by the wind, or may be at once blown away with ones mouth. The Root grows downwards exceeding deep, which being broken off within the ground, will withstanding shoot forth again, and will hardly be destroyed where it hath taken deep Root in the ground.

**Place.]** It groweth frequently in all Meadows and Pasture ground.  
**Time.]** It flowreth in one place or other almost all the year long.

**Government and Virtues.]** It is under the Dominion of Jupiter. It is opening and cleansing quality, and therefore very effectual for the Obstructions of the Liver, Gall and Spleen, and the Diseases that arise from them, as the Jaundice, and Hypochondriacal Melancholy, Dysury, Consumption, Cachexia, Watch-ing, Heat, Ague, Pestilence.

It hath also a clearing and opening quality, and therefore very effectual for the Obstructions of the Urinary Passages, and by the drying and temperate quality, doth towards heal them; for which purpose the Decoction of the Roots or Leaves in White-wine, or the Leaves chopped as Pot-herbs with a few Allisander and boiled in their Broth, is very effectual. And whoso is drawing towards a Consumption, or an evil disposition of the whole Body, called Cancer, by the use hereof for some time together, shall find a wonderful help; it helpeth also to procure Rest and Sleep to Bodies distemper'd by the Ague Fits, or otherwise: The distilled Water is effectual to drive away Pestilential Fevers, and to wash the Sores.

You see here what Virtues this common Herb hath, and that's the reason the French and Dutch so often eat them in the Spring; and now you look a little farther, you may see plainly, without a pair of Spectacles, that Foreign Physicians are not so Selfish as ours are, but more communicative of the Virtues of Plants to People.

## Darnel.

**It is called Jury and Wray; in Suffex they call it Crop, it being a Pestilential Enemy amongst Corn.**

**Description.]** This hath all the Winter long, sundry, long, fat, and rough ears, which when the stalk riseth, which is slender and jointed, are narrower, rough still; on the top groweth a long spike, composed of many heads set one upon another, containing two or three husks, with sharp, but short Beards of hairs at the end; the Seed is easily shaken out of the Ear, the husk it self being somewhat rough.

**Place.]** The Country Husbandmen do know this too well to grow among their Corn, or in the Borders and Path-ways of other Fields that be Fallow.

**Governement and Vertues.]** It is a malicious Plant of fullen Saturn. As it is not without some Vices, so hath it also many Vertues. The Meal of Darnel is very good to stay Gangrenes, and other such like fretting and eating Sores, Cankers, and putrid Sores: It also cleanseth the Skin of all Leprosies, Morphews, Ring-worms, the like, if it be used with Salt and Raddish-water. And being used with quick Brimstone, and Vinegar, it dissolveth Knots and Kernels, and breaketh those that are hard to be dissolved, being boiled in Wine with Pidgeons-dung and seed: A Decoction thereof made with Water and Honey, and the feet bathed therewith, is profitable for the Sciatica. Darnel Meal applied to the Pultis, draweth forth Splinters and broken Bones in the Flesh: The Darnel boiled in red Wine and taken, stayeth the Lask and all other fluxes, and Womens bloody Issues; and restraineth Urine that passeth too suddenly.

Gangrenes, Cankers, Leprosie, Morphew, Ring-worms, Sciatica, Thorns, Splinters, broken Bones, Diabetes.

## Dill.

**Description.]** THE common Dill groweth up with seldom more than one stalk, neither so high nor so great usually as Fennel, being round and without joints thereon, whose Leaves are sadder, and somewhat long, and so like to Fennel, that it deceiveth many, but harder in handling, and somewhat thicker, and of a stronger unpleasant scent: the tops of the stalks have four branches, and small umbles of yellow Flowers, which turn into small seed, somewhat flatter and less than Fennel-seed. The Root is somewhat small and woody, perishing every year after it hath born seed; and is also unprofitable, being never put to any use.

**Place.]** It is most usually sown in Gardens and Grounds for the purpose, and is also found wild in many places.

**Governement and Vertues.]** Mercury hath the Dominion of the Plant, and therefore to be sure it strengthens the Brain. The Dill being boiled and drunk, is good to ease Swellings and Pains; it also stayeth the Belly and Stomach from casting. The Decoction thereof helpeth Women that are troubled with the pains and windiness of the Mother, they sit therein. It stayeth the Hiccough, being boiled in Wine, and butted unto, being tied to a Cloth. The Seed is of more use than the Root, and more effectual to digest raw and viscous humors, and is used in

Swelling, Pains, Looseness, Vomiting, Mother, Hiccough, raw Humours.

*Wind, Apophumes, Ulcers,  
Terms provokes.*

Medicines that serve to expel wind and pains proceeding therefrom. The Seed be roasted or fryed, and used in Oils or Plain dissolveth the Imposthumes in the Fundament, and drieth up all moist cers, especially in the Fundament; and Oil made of Dill is effectual warm, or dissolve Humors and Imposthumes, to ease pains, and to procure rest. The Decoction of Dill, be it Herb or Seed (only if you boil the you must bruise it) in White-wine, being drunk, is a gallant expeller of wind, and provoker of the Terms.

### Devils-bit.

**Descript.]** **T**His riseth up with a round, green, smooth Stalk, about two high, set with divers long, and somewhat narrow, smooth, green Leaves, somewhat snip'd about the edges, for the most part, being whole, and not divided at all, or but very seldom, even to the tops of the Branches which yet are smaller than those below, with one Rib only in the middle; at the end of each branch standeth a round head of many Flowers set together in the manner, or more neatly than the scabious, and of a more blewish purple colour which being past, there followeth Seed that falleth away. The Root is somewhat thick, but short and blackish, with many fibres abiding after Seed time many years. This Root longer, until the Devil (as the Fryers say) bit the rest of it for spite, envying its usefulness to Mankind: For sure he was not troubled with

**A Learned Tale, that cost a dull Fryer seven years Study.**

*Disease for which it is proper.*

There are two other sorts hereof, in nothing unlike the former, save the one beareth white, and the other blush-coloured Flowers.

**Place.]** The first groweth as well in dry Meadows and Fields, and in many places of this Land: But the other two are more rare, and to meet with, yet they are both found growing wild about Appleton Rye in Kent.

**Time.]** They flower not usually until August.

**Government and Virtues.]** The Plant is Venereal, pleasing and hardy.

*Pestilence, Fevers, Poyson, Venomous Beasts, Bruises, Falls, Clotted Blood, Swellings of the Throat, Murther, Wind, Worms, Wounds, Scurf, Itch.*

The Herb or Root (all that the Devil hath of it) being boiled in Wine, and drunk, is powerful against the Plague, and all Pestilential Diseases or Fevers, Poysons also, and the stings of Venomous Beasts: It also healeth those that are inwardly bruised by any cause, or outwardly by falls or blows, dissolving the clotted Blood; and the Herb or Root being and outwardly applied, taketh away the black and blew marks that are in the Skin. The Decoction of the Herb, with Honey of Roses put in, is very effectual to help the inveterate Tumors and Swellings of the Almonds and Throat, by often gargling the Mouth therewith.

also to procure Womens Courses, and easeth all pains of the Mother, and to break and discuss Winds therein, and in the Bowels. The Powder of the Root taken in drink, driveth forth the Worms in the Body. The Juice or distilled water of the Herb, is effectual for green Wounds, or old Sores, and cleanseth the Body inwardly, and the Seed outwardly from Scurf, Itches, Pimples, Freckles, Morpew, and other Deformities thereof, but especially if a little Vitriol be dissolved therein.

*Dandriff, Pimples, Freckles.*

### Dock.

Many kinds of these are so well known, that I shall not trouble you with a Description of them: my Book grows big too fast.

*Government and Virtues.*] All Docks are under Jupiter, of which the Red Dock, which is commonly called Blood-wort, cleanseth the Blood, and strengthens the Liver: *Cleanses the Blood, strengthens the Liver.*

The yellow Dock-root is best to be taken when either the Blood or Liver is afflicted by Cholera. All of them have a kind of cooling (but not all alike) drying quality, the Sorrels being most cold, and the Blood-worts most drying. Of the Burdock I have spoken already by himself. The Seed of most of the other kinds, whether the Garden or Field, do stay Flux, Loathing of Meat, Spitting Blood, Scabs, Itch, Freckles, Morpew.

asks and Fluxes of all sorts, the loathing of the stomach through Cholera, and is helpful for those that spit Blood. The roots boiled in Vinegar, helpeth the Itch, Scabs, and breaking out of the skin, if it be bathed therewith. The distilled water of the Herb and roots hath the same Virtue, and cleanseth the Skin of Freckles, Morpew, and all other spots and discolourings therein.

All Docks being boiled with Meat, make it boil the sooner. Besides Bloodwort is exceeding strengthening to the Liver, and procures good blood, being as wholesome a Pot-herb as any grows in a Garden; yet such is the nicety of our times (forsooth) that Women will not put it in the pot because it makes the Pottage black; Pride and Ignorance, (a couple of Monsters in the Creation) preferring Nicety before Health.

### Dodder of time, Epithymum, and other Dadders.

*Description.*] **T**his first from Seeds giveth Roots in the Ground, which shooteth forth threads or strings, grosser or finer, as the property of the Plant wherein it groweth, and the Climate doth suffer, creeping and spreading on that Plant whereon it fastneth, be it high or low. The strings have no leaves at all upon them, but wind and interlace themselves so thick upon a small plant, that it taketh away all comfort of the Sun from it, and is ready to choke and strangle it. After these strings are risen up to that height, that they may receive nourishment from the Plant, they seem to be broken off from the ground, either by the strength of their rising, or withered by the heat of the Sun. Upon these strings are found Clusters of small Heads or Husks, out of which start forth



forth whitish Flowers, which afterwards give small pale-colour'd seed, somewhat flat, and twice as big as Poppy-seed. It generally participates of the nature of the Plant which it climbeth upon: but the Dodder of time is accounted the best, and is the only true Epithymum.

**Government and Vertues.]** All Dodders are under Saturn. Tell not of Physicians crying up Epithymum, or that Dodder which grows upon Time, (most of which comes from Hemetius in Greece, or Hybla in Sicilia, because those Mountains abound with Time) he is a Physician indeed; he hath wit enough to chuse his Dodder according to the nature of the Disease and Humour peccant. We confess, Time is the hottest Herb it usually grows upon; and therefore that which grows upon Time, is hotter than that which grows upon colder Herbs, for it draws nourishment from what it grows upon, as well as from the Earth where its Root is; and thus you see old Sa-

Melancholy, adust Choler, Trembling, Fainting, Swooning, Spleen, Hypochondria, Obstructions, Gall, Jaundice, Liver, Dysury.

wise enough to have two strings to his Bow. Time is accounted the most effectual for Melancholick Diseases, and to purge black or burnt Choler, which is the cause of many Diseases of the Heart and Brain, as also for the trembling of the Heart, Faintings and Swoonings. It is helpful in all coldnesses and griefs of the Spleen, and that of Melancholy, that ariseth from the windiness of the Liver.

Hypochondria. It purgeth also the Reins or Kidneys by Urine. It openeth the Obstructions of the Gall, whereby it profiteth them that have the Jaundice, as also the Liver and Spleen: purging the Veins of cholerick and flegmatick Humours, and helpeth Childrens Agues, a little Worm-seed being put thereto.

The other Dodders do (as I said before) participate of the Nature of those Plants whereon they grow: As that which hath been found growing upon Nettles in the West Country, hath by experience been found effectual to procure plenty of Urine where it hath been stopped or hindered. And so of the rest.

Sympathy and Antipathy are the two hinges upon which the whole Method of Physick turns; and that Physician which minds them not, is like a Door off from the Hooks, more likely to do a Man a Mischief, than to cure him. Then all the Diseases Saturn causeth, this helps by Sympathy, and strengthens all the parts of the Body he rules; such as be caused by Saturn, it helps by Antipathy. What those Diseases are, see my Judgment of Diseases by Astrology; and if you be pleased to look the Herb Wood-worm, you shall find a Rational way for it.

### Dogs Grass, Quich-Grass, or Couch-Grass.

**Description.]** It is well known, that this Grass creepeth far about under-ground, with long white joynted Roots, and small fibres almost as white as the Joynt, very sweet in taste, as the rest of the Herb is, and interlacing one another, from whence shoot forth many fair grassy Leaves, small at the ends,

utting or sharp on the edges. The stalks are joynd like Corn with the like Leaves on them, and a long spiked head with a long husk on them, and hard rough seed in them. If you know it not by this Description, watch the Dogs when they are sick, and they will quickly lead you to it.

Place.] It groweth commonly through this Land in divers ploughed Grounds, to the no small trouble of the Husband-man, as also of the Gardeners in Gardens to weed it out if they can: for it is a constant Customer to the place it gets footing in.

Government and Virtues.] 'Tis a gentle Remedy under the Dominion of Jupiter. This is most medicinable of all the Quich-grasses: Being boiled and drunk, it openeth Obstructions of the Liver and Gall, and the stopping of the Urine, and easeth the griping pains of the Belly, and Inflammations, dissipeth the matter of the Stone in the Bladder, and the Ulcers thereof also. The Roots bruised and applied to consolidate Wounds. The Seed both more powerfully expel Urine and stayeth the Ask and Vomiting. The distilled water alone, or with a little Wormseed, killeth the Worms in Children.

Liver, Gall, Dysury, Gripping, Inflammations, Ulcers in the Bladder, Wounds, Vomiting, Worms, Stopping.

The way of use is to bruise the Roots, and having well boiled them in White-wine, drink the Decoction; 'tis opening, but not purging, very safe: 'tis a Remedy against all diseases coming of stopping, and such are half those that are incident to the Body of Man; and although a Gardener be of another Opinion, yet a Physitian holds half an Acre of them to be worth five Acres of Carrots twice told over.

### Doves-foot, or Cranes-bill.

Descript.] **T**His hath divers small, round, pale, green Leaves, cut in about the edges much like Mallows, standing upon long, reddish, hairy stalks lying in a round compass upon the ground; among which rise up two or three more reddish, joynted, slender, weak, hairy stalks, with such like Leaves thereon, smaller, and more cut in up to the tops, where grow many very small bright red flowers of five Leaves apiece: after which follow small heads, with small short stalks pointed forth, as all other sorts of these Herbs do.

Place.] It groweth in Pasture Grounds, and by the Path-sides in many places, and will also be in Gardens.

Time.] It flowreth in June, July, and August, some earlier, and some later, and the seed is ripe quickly after.

Government and Vertues.] It is a very gentle, though Martial Plant. It is found by Experience to be singular good for the Wind-Colick, and pains thereof; as also to expel the Stone and Gravel in the Kidneys. The decoction thereof in Wine, is an excellent good Wound-remedy for those that have inward Wounds, Hurts, or Bruises, both to stay the

Colick, Stone, Gravel, Wounds.

*Congeaed Blood, Sores, Bleeding, to dissolve and expel the congealed Blood, and to heal the parts, as also to cleane and heal outward Sores, Ulcers and Fistules, and for green Wounds, many do but bruise the*

*Herb, and apply it to the place, and it healeth them quickly. The decoction in Wine fomented to any place pained with the Gout, or Joynt-aches, or pain of the Sinews, giveth much ease. The Powder decoction of the Herb taken for some time together, is found by experience to be singular good for Ruptures and Burstings in people, either young or old.*

### Ducks-meat.

**T**his is so well known to swim on the top of standing Waters, as Ponds, Pools, and Ditches, that it is needless further to describe it.

*Government and Vertues.] Cancer claims the Herb, and the Moon will be Lady of it; a Word is enough to a wise Man. It is effectual to help Inflammations, and St. Anthony's fire, Pestilence, Eyes, Swellings of the Cods, Head-ach.*

*Fire, as also the Gout, either applied by it self, in a Pultis with Barley-Meal. The Distilled Water hereof is by some highly esteemed against all inward Inflammations, and pestilent Feavers; as also to help the redness of the Eyes, and Swellings of the Cods, and of the Breast before they be grown too much. The fresh Herb applied to the Forehead, easeth the pains of the Head-ach coming of heat.*

### Down or Cotton Thistle.

**Descript.]** This hath many large Leaves lying on the ground somewhat curled up, and as it were crumpled on the edges, of a green colour on the upper side, but covered with long hairy Wool or Cottony Down, set with most sharp and cruel pricks, from the middle of whose Heads of Flowers, thrust forth many purplish, crimson thrids, and sometimes (although more seldom) white ones. The Seed that followeth in the Heads, lying in a great deal of white Down, is somewhat large, long and round, like the Seed of Ladies-Thistle, but somewhat smaller. The Root is great and thick, spreading much, yet it usually dieth after Seed-time.

*Place.] It groweth on divers Ditches, Banks, and in Corn-Fields, and High-ways generally every where throughout the Land.*

*Time.] It flowreth and beareth Seed about the end of Summer, when other Thistles do flower and Seed.*

*Government and Vertues.] Mars owns the Plant, and manifests to the World, that though it may hurt your fingers, it will help your Body. I fancy it much for these ensuing Vertues. Pliny and Dioscorides write, That the Leaves and Roots hereof taken in Drink, help the Wry Neck.*

*that have a Crick in their Neck; whereby they can turn their Neck, but their whole Body must turn (sure they do not mean those that have got a Crick in their Neck by being under the Hang-mans hand) Galen saith, that the Root and Leaves hereof*

of a heating quality; and good for such persons have their Bodies drawn together by some *Spasm* *Spasmus, Convulsions, Convulsion*, as it is with Children that have *Rickets*, or rather (as the College of Physicians will have it) the *Rachites*, for which name for the Disease they have, (in particular Treatise lately set forth by them) Learnedly disputed and set forth to publick View, that the World may see they have took much pains to little purpose.

### Dragons.

They are so well known to every one that plants them in their Gardens, they need no Description; if not, let them look down to the lower end of the Stalks, and see how like a Snake they look.

*Government and Virtues.*] The Plant is under the Dominion of Mars, and therefore it would be a wonder if it should want some obnoxious quality or other; in all Herbs of that quality, the safest way is, either to distil the Herb in an Alembick, in what Vehicle you please, or else to press out the Juice, and distil that in a Glass Still in Sand. It

Scoureth, Cleanseth, Freckles, Morpew, Sunburning, Wounds, Ulcers, Cankers, Polypus, Spots in the Eyes, Pin and Web, Sight helpeth, Pestilence, Poyson, Venomous Beasts.

Scoureth, Cleanseth, Freckles, Morpew, Sunburning, Wounds, Ulcers, Cankers, Polypus, Spots in the Eyes, Pin and Web, Sight helpeth, Pestilence, Poyson, Venomous Beasts.

It scoureth and cleaseth the internal parts of the body mightily, and so it doth the external parts also, being externally applied, from Freckles, Morpew, and Sun-burning; your best way to use it externally, is to mix it with Vinegar; an Ointment of it, is held to be good in Wounds and Ulcers, it consumes Cankers, and that Flesh growing in the Nostrils, which they call *Polypus*.

Also the distilled water being dropped into the Eyes, takes away Spots there, as also pin and web, and mends the dimness of Sight; it is excellent good against the Pestilence and Poyson. *Pliny* and *Dioscorides* affirm, That no Serpent will meddle with him that carries this Herb about him.

### The Elder-Tree.

Hold it needless to write any Description of this, sith every Boy that plays with a Pot-gun, will not mistake another Tree instead of Elder. I will therefore in this place only describe the Dwarf-Elder, called also Dane-wort, and Wall-wort.

### The Dwarf-Elder.

*Description.*] **T**his is but an Herb every year dying with his stalks to the ground, and rising afresh every Spring, and is like unto the Elder both in form and quality, rising up with a four-square rough hairy stalk, four foot high, or more sometimes. The winged Leaves are somewhat narrower than the Elder, but else very like them. The Flowers are white with a dash of purple, standing in umbles, very like the Elder also, but more sweet in scent; after which, come small blackish Berries, full of juice while they are fresh, where there lies small hard Kernelt or Seed. The Root doth creep under the upper



*Crust of the Ground, springing afresh in divers places, being of the bigness of Finger or Thumb sometimes.*

*Place.]* The Elder-tree groweth in Hedges, being planted there strengthen the Fences, and Partitions of Ground, and to hold up Banks by Ditches and Water-Courfes.

The Dwarf Elder groweth wild in many places of *England*, where be once gotten into a Ground, it is not easily gotten forth again.

*Time.]* Most of Elder-trees flower in *June*, and their Fruit is ripe for most part in *August*.

But the Dwarf-Elder, or *Wall-wort*, flowereth somewhat later, and Fruit is not ripe until *September*.

*Government and Vertues.]* Both Elder and Dwarf Elder are under the minion of *Venus*. The first shoots of the Common Elder boiled like *Asparagus*, and the young Leaves and Stalks boiled

*Flegm, Choler, Dropsy, Venomous Beasts, Mad Dogs, Terms provokes, Inflammation, Brain, Ears, Urine provokes, Sun-burning, Freckles, Morpew, Head-ach, Ulcers, Palsy.*

fat Broth doth mightily carry forth *Flegm* and *Choler*. The middle or inward Bark boiled in Water, and given to drink, worketh much more violent; and the Berries either green or dry cure the same Humours, and is often given with success to help the Dropsy; the Bark of the Root boiled in Wine, or the Juice thereof drunk, worketh the same effects but more powerfully than

either the Leaves or Fruit. The Juice of the Root taken, doth mightily provoke Vomit, and purgeth the watry humours of the Dropsy. The Decoction of the Root taken, cureth the biting of the Adder, and biting of Mad Dogs; it mollifieth the hardness of the Mother, if Women sit the Decoction on, and openeth their Veins, and bringeth down their Courses. The Berries boiled in Wine perform the same effect; and the Hair of the Head washed therewith is made black. The Juice of the green Leaves applied to the hot Inflammations of the Eyes asswageth them. The Juice of the Leaves snuffed up into the Nostrils, purgeth the Tunicles of the Brain. The Juice of the Berries boiled with a litte Honey, and dropped into the Ears, helpeth the pains of them. The Decoction of the Berries in Wine being drunk provoketh Urine. The distilled Water of the Flowers is of much use to cleanse the Skin from Sun-burning, Freckles, Morpew, or the like; and taketh away Head-aches coming of a cold Cause, the Head being bathed therewith. The Leaves or Flowers distilled in the Month of *May*, and the Legs often washed with the said distilled water, it taketh away the Ulcers and Sores from them. The Eyes washed therewith, it taketh away the Redness and Bloodshot. And the Hands washed Morning and Evening therewith, helpeth the Palsy, and shaking of them.

The Dwarf Elder is more powerful than the Common Elder, in opening the Bowels, and purging *Choler*, *Flegm*, and Water, in helping the Gout, Piles, and Womens Diseases, it loureth the Hair black, helpeth the Inflammation in the Eyes, and pains in the Ears, the biting of Serpents.

*Gout, Inflammation, Burning, Scalding, Colick, Stone, Dysury.*

Serpents

ents, or a Mad Dog, Burnings and Scaldings, the Wind-Colick, Colick Stone, the difficulty of Urine, the cure of old Sores, and Fistulous

ers. Either Leaves or Bark of Elder stripped upwards as you gather it, causeth miting, but stripped downwards, it purgeth downwards. Also Dr. in a Manuscript of his, commends Dwarf-Elder to the Sky for applies, viz. To drink it, being boiled in White-wine; to drink the decoction, I mean, not the Elder.

### The Elr-Tree.

This Tree is so well known, growing generally in all Countries of this Land, that it is needless to describe it.

*Government and Vertues.*] It is a cold and Saturnine Plant. The Leaves thereof bruised and applied healeth green Wounds

being bound thereon with its own Bark. The Wounds, Scurf, Leprosy, Beauty, Ruptures, Swellings, Baldness, Gout, Burning.

of the Leaves, Bark, or Root, being bathed Broken Bones. The Water that is found in their Bladders on the Leaves while it is fresh, it is very effectual to cleanse the Skin, and make it fair; and if Cloaths be often wet therein, and applied to the Ruptures of Children, it helpeth them, if they be after well bound up with a Truss. The said Water put into a Glass, and set into the Ground, or else in Dung for twenty five days, the Mouth thereof being close stopped, and the bottom set upon a lay of ordinary Salt, that the Feces may settle, and Water become very clear, is a singular and sovereign Balm for Green Wounds, being used with soft Tents: The Decoction of the Bark of the Root fomented, mollifieth hard Tumours, and the shrinking of the Sinews. The Roots of the Elm boiled for a long time in Water, and the fat arising on the top thereof being clean scummed off, and the place anointed therewith that is grown Bald, and the Hair fallen away, will quickly restore them again. The said Bark ground with Vine and Pickle, untill it come to the form of a Pultis, and laid on the place pained with the Gout, giveth great ease. The Decoction of the Bark in Water, is excellent to bath such places as have been burned with

### Endive.

*Description.*] Common Garden Endive beareth a longer and larger Leaf than Succory, and abideth but one year, quickly running up to Stalk and Seed, and then perisheth: It hath blew Flowers, and the Seed of the ordinary Endive is so like Succory Seed, that it is hard to distinguish them.

*Government and Vertues.*] It is a fine cooling, cleansing, jovial Plant. The Decoction of the Leaves, or the Juice, or the distilled Water of Endive, serveth

*Liver, Stomach, Agues, Sharpness of Urine, and Excoriations thereby, Passions of the Heart, Ulcers, Swellings, Eyes, Gout.*

serveth well to cool the excessive heat in the Liver and Stomach, and in the hot fits of Agues, and all other Inflammations in any part of the Body; it cooleth the heat and sharpness of Urine, the Excoriations in the Urinary passage. The Seed is of the same property, or rather more powerful, and besides is available for the curing of Swoonings, and passions of the Heart. Outwardly applied, they help to temper the sharp humours of fretting Ulcers, hot Tumors and Swellings, and Pestilential Sores; and wonderfully help not only the redness and inflammations of the Eyes, but the dimness of the sight also; they are also used to allay the pains of the Gout.

You cannot use it amiss; a Syrup of it is a fine cooling Medicine for Feavers. See the end of this Book, and the *English Dispensatory*.

### Elicampane.

**Description.]** It shooteth forth many large Leaves long and broad, lying close to the ground, small at both ends, somewhat soft in handling, a whitish green on the upper side, and gray underneath, each set upon a short Stalk; from among which rise up divers great and strong hairy stalks, three or four foot high, with some Leaves thereupon compassing them about at the bottom, and are branched toward the tops; bearing divers great and large Flowers like those of the Corn-Marigold, both the border of Leaves and the middle of the Flower being yellow, which turn into Down, with long, small, brownish seed among them, and is carried away with the Wind. The Root is great and thick, branched in divers ways, blackish on the outside, and white within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the Plant having any smell.

**Place]** It groweth in the moist Grounds and shadowy places, oftentimes in the dry and open borders of Fields and Lanes, and in other waste places almost in every County of this Land.

**Time]** It flowreth in the end of June and July, and the seed is ripe in August. The Roots are gathered for use, as well in the Spring before the Leaves come forth, as in Autumn or Winter.

**Government and Virtues.]** It is a Plant under the Dominion of Mercury. The fresh Roots of Elicampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm the Cold and windy Stomach, or the pricking of the Spleen, and Stitches in the Sides caused by the Spleen; and to help the Cough, shortness of Breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with Sugar and taken, serveth to the same purpose, and is also profitable for those who have their Urine stopped, or the stopping of Womens Courses, the pains of the Mother, and the Stone in the Reins, Kidneys, or Bladder: It resisteth Poyson, and helpeth the spreading of the Venom of Serpents, as also of putrid and Pestilential

fevers, and the Plague it self. The Roots  
Herb beaten, and put into new Ale or Beer,  
daily drunk, cleareth, strengthneth and  
mighth the sight of the Eyes wonderfully. The  
Decoction of the Roots in Wine. or the Juyce ta-  
herein, killeth and driveth forth all manner  
forms in the Belly, Stomach and Maw; and  
in the Mouth, or the Root chewed, fast-

Mother, Stone, Poyson, ve-  
nomous Beasts, Pestilence,  
Eyes, Worms, loose Tserth,  
spitting Blood, Cramps,  
Convulsions, Gout, Joynts,  
Itch, Cankers, Freckles,  
Morphew, Spots.

loose Teeth, and helps to keep them from putrefaction; and being  
drunk, is good for those that spit Blood, helpeth to remove Cramps or  
convulsions, and the pains of the Gout, the Sciatica, the Looseness and  
pains in the Joynts, or those Members that are out of Joynt, by cold or  
humour hapning to them, applied outwardly as well as inwardly, and is  
good for those that are Bursten, or have any inward Bruise. The Roots  
boiled well in Vinegar, beaten afterwards, and made into an Oyntment  
with Hogs-Suet, or Oyl of Trotters, is an excellent Remedy for Scabs or  
sores in young or old; The places also bathed or washed with the Decoction,  
of the same; it also helpeth all sorts of filthy, old putrid Sores or Cank-  
ers whatsoever. In the Roots of this Herb lieth the chief effect for all the  
medies aforesaid. The distilled Water of the Leaves and Roots toge-  
ther, is very profitable to cleanse the Skin of the Face, or other parts, from  
Morphew, Spots or Blemishes therein, and make it clear.

### Eringo, or Sea-Holy.

**Description.]** **T**He first Leaves of our ordinary Sea-Holy, are nothing so hard  
and prickly as when they grow old, being almost round, and  
dentured about the edges, hard, and sharp pointed, and a little crumpled, of  
greenish green colour, every one upon a long Foot-stalk; but those that grow up-  
per with the stalk, do as it were compass it about. The stalk it self is round  
and strong, yet somewhat crested with Joynts, and Leaves set thereat, but more  
divided, sharp and prickly; and branches rising from thence, which have like-  
wise other small Branches, each of them bearing several blewish round prickly  
Leaves, with many small, jagged, prickly Leaves under them, standing like a Star,  
and sometimes found greenish or whitish: The Root groweth wonderful long, even  
eight or ten foot in length, set with Rings or Circles, toward the upper part,  
smooth and without Joynts down lower, brownish on the outside, and very  
white within, with a pith in the middle, of a pleasant taste, but much more  
artificially preserved, and candied with Sugar.

**Place.]** It is found about the Sea-Coast in almost every Country of this  
Island which bordereth upon the Sea.

**Time.]** It flowereth in the end of Summer, and giveth ripe Seed within  
a month after.

**Government and Vertues.]** The Plant is Venereal, and breedeth Seed exceed-  
ingly, and strengthens the Spirit Procreative; it  
is hot and moist, and under the Celestial Ballance.

Decoction of the Root hereof in Wine, is very  
Seed breedeth, Obstructions,  
Spleen, Liver.

effectual



*Yellow Jaundice, Dropsie, Collick, Dysury, Strangury, Reins, French Pox, Kings-Evil, Venemous Beasts, Thorns, broken Bones, Splinters, Aposthumes, Melancholy, Quartan and Quotidian Agues, Wry Necks.*

effectual to open Obstructions of the Spleen, Liver, and helpeth Yellow Jaundice, the Dolors of the Loins, and Wind-Colick, driveth out the Urine, and expelleth the Stone, procures Womens Courfes. The continued use of the decoction for fifteen days, taken fasting and lying on the bedward, doth help the Strangury, the Piss, Drops, the stopping of Urine, and Stone, and the defects of the Reins and Kidneys; and if the decoction be continued longer, it is said that it perfectly cureth the Stone, and that experience

found it so: It is found good against the French Pox. The Roots be bruised and applied outwardly, helpeth the Kernels of the Throat, commonly called the Kings-Evil; or taken inwardly and applied to the place stung or bit by any Serpent, healeth it speedily. If the Roots be bruised and boiled in old Hogs grease, or salted Lard, and applied to broken Bones, Thorns remaining in the Flesh, they do not only draw them forth, but heal the place again, gathering new Flesh where it was consumed: The Juice of the Leaves dropped into the Ears, helpeth Imposthumes therein: The distilled Water of the whole Herb when the Leaves and Stalks are young is profitably drunk for all the purposes aforesaid; and helpeth the Melancholy of the Heart, and is available in Quartan and Quotidian Agues, as also for them that have their Necks drawn awry, and cannot turn them without turning their whole Body.

### Eye-bright.

**Description.]** **C**ommon Eye-bright is a small low Herb, rising up usually with one blackish green stalk, a span high, or not much higher, spread from the bottom into sundry branches, whereon are set small and almost round yet pointed dark green Leaves, finely snipped about the edges, two always set together, and very thick: At the Joynts with the Leaves from the middle upwards come forth small white Flowers striped with purple and yellow spots or streaks, after which follow small round Heads with very small seed therein. The Root long, small, and thready at the end.

**Place]** It groweth in Meadows and grassie places in this Land.

**Government and Vertues]** It is under the Sign of the Lyon, and Solace the Dominion over it. If this Herb were but as much used as it is neglected, it would halfe spoil the Spectacle-Makers Trade; and a Man would think, that Reason should teach People to prefer the preservation of their Natural, before Artificial Spectacles: which that they may be instructed how to take the Vertues of Eye-bright as followeth;

The Juice or distilled Water of Eye-bright taken inwardly in White Wine or Broth, or dropped into the Eyes for divers times together, helpeth all infirmities of the Eyes, and cause dimness of Sight; Some make Conserve of the Flowers to the same effect. Being used

*Eyes, Dimness, Brain, Memory.*

ways, it also helpeth a weak Brain or Memory. This tunned up with Beer that it may work together, and drunk. Or the Powder of the Herb mixed with Sugar, a little Mace, and Fennel-feed, and drunk in Broth. Or the said Powder made into an Electuary made with Syre, and taken, hath the same powerful effect to help and restore the decayed through age; and *Arnoldus de villa nova* saith, It hath restor'd sight to them that have been blind a long time before.

### Fern.

**Description.]** **O**F this there are two kinds principally to be treated of, viz. The Male and Female. The Female groweth higher than the Male, but the Leaves thereof are lesser, and more divided, or dented, and of a smell as the Male; the Vertues of them are both alike, and therefore I will not trouble you with any Description or Distinction of them.

**Place.]** They grow both on Heaths, and in shady places near the sides in all Countries of this Land.

**Time.]** They flower and give their Seed at Midsummer.

The Female Fern is that Plant which is in *Suffex* called Brakes, the Seed which some Authors hold to be so rare: such a thing there is I know, may be easily had upon Midsummer-Eve, and for ought I know, two or three days before or after it, if not more.

**Goverment and Vertues.]** It is under the Dominion of Mercury, both the Male and Female. The Roots of both these sorts of Ferns, being bruised and boiled in Mead or Honyed Water, and drunk, kill both the broad and long Worms in the Belly, and abateth the swelling and hardness of the Spleen. The green Leaves eaten purge the Belly of cholerick and watrish humors, but it troubles the Stomach. They are dangerous for Women with Child to meddle with, by reason they cause Abortment. The Roots bruised and boiled in Oil, or Hogs grease, make a very profitable Ointment to heal Wounds or Pricks gotten into the Flesh. The Powder of them used in foul Ulcers, drieth up their malignant moisture, and causeth their speedier healing. The Fern being burned, the smoke thereof driveth away Serpents, Gnats, and other noisom Creatures, which in Fenny Countries do in the night-time trouble and molest People lying in their Beds with their Faces uncovered; and causeth Barrenness.

Worms, Spleen, Choler, Flegm, Stomach, Wound, Ulcers, Serpents, Gnats, Venomous Beasts.

old to meddle with, by reason they cause Abortment. The Roots bruised and boiled in Oil, or Hogs grease, make a very profitable Ointment to heal Wounds or Pricks gotten into the Flesh. The Powder of them used in foul Ulcers, drieth up their malignant moisture, and causeth their speedier healing. The Fern being burned, the smoke thereof driveth away Serpents, Gnats, and other noisom Creatures, which in Fenny Countries do in the night-time trouble and molest People lying in their Beds with their Faces uncovered; and causeth Barrenness.

### Osmond Royal, or Water-Fern.

**Description.]** **T**His shooteth forth in the Spring-time (for in the Winter the Leaves perish) divers rough hard stalks, half round hollowish, or flat on the other side, two foot high, having divers branches of yellowish green Leaves on all sides, set one against another, longer, narrower, and not nicked on the edges as the former. From the top of some of the stalks grow forth a long bush of small, and more yellowish green, scaly, as it were set in the same manner on the stalks as the Leaves are, which is accounted the Flowers and Seeds. The Root is rough, thick and scabby, with

with a white pith in the middle, which is called the Heart thereof.

*Place.]* It groweth on Moors, Bogs and watry places in many of this Land.

*Time.]* It is green all the Summer, and the Root only abideth in Government and Virtues.] Saturn owns the Plant. This hath all the

Wounds, Bruises, broken  
Bones, Cholick, Spleen,  
Ruptures.

tues mentioned in the former Ferns, and is much more effectual than both for inward and outward Griefs, and counted singular good in Wounds, Bruises, the like. The Decoction to be drunk or into an Ointment or Oil, as a Balsom or and so it is singular good against Bruises

Bones broken, or out of Joint, and giveth much ease to the Cholick Splenetick Diseases; as also for Ruptures or Burstings. The Decoction of the Roots in White-wine, provokes Urine exceedingly, and cleanseth the Bladder and passages of Urine.

### Featherfew.

*Descript.]* Common Featherfew hath many large, fresh, green Leaves much torn or cut on the Edges. The Stalks are hard and set with many such like Leaves, but somewhat smaller, and at the top many single Flowers upon small Foot-stalks, consisting of many small white standing round about a yellow thrum in the middle. The Root is somewhat and short, with many strong fibres about it. The scent of the whole Plant is strong and stuffing, and the taste is very bitter.

*Place.]* This grows wild in some places of this Land, but it is in most part nourished in Gardens.

*Time.]* It flowreth in the Months of June and July.

*Government and Virtues.]* Venus commends the Herb, and hath commended it to succour her Sisters (Women) and to be a general strengthner of Wombs, and remedy such Infirmities as a careless Midwife hath threatened, if they will but be pleased to make use of her Herb boiled in White Wine, and drink the decoction, it cleanseth the Womb, expelleth the after-birth, doth the Woman all the good she can desire of an Herb, if any grumble because they cannot get the Herb in Winter, tell them they please, they may make a Syrup of it in Summer. It is chiefly used

Mother, Womb, Terms provokes, Dead-Birth, After-Birth, Cough, Reins, Bladder, Cholick, Flegm, Melancholy, Sadness, Headach, Ague, Deformity of the Skin, Wind-Cholick, Opium.

the Disease of the Mother, whether it be strangling or rising of the Mother, or hard or Inflammations of the same, applied outwardly thereunto. Or a Decoction of the Flowers in White Wine, with a little Nutmeg or Mace put therein, and drunk often in a day, is an approved Remedy to bring down Womens Courses, and helpeth to expel the Dead-birth

After-birth. For a Woman to sit over the hot fumes of the Decoction of the Herb made in Water or Wine, is effectual for the same: in some cases, to apply the boiled Herb warm to the Privy Parts. The Decoction thereof made with some Sugar or Honey put thereto, is

with good success, to help the Cough and stuffing of the Chest, by as also to cleanse the Reins and Bladder, and helps to expel the Stone. The Powder of the Herb taken in wine, with some Oxy-mel, pur both Choler and Flegm, and is available for those that are short-wind- and are troubled with Melancholy, and heaviness or sadness of Spirits. very effectual for all pains in the Head coming of a cold cause, the Herb bruised and applied to the crown of the Head: as also for the Vertigo is, a turning or swimming of the Head. The Decoction thereof drunk in, and the Herb bruised with a few corns of Bay-salt, and applied to wrists before the coming of the Ague-fits, doth take them away. The distilled water taketh away Freckles, and other spots and deformities in the skin. The Herb bruised and heated on a Tile, with some Wine, to moisten it, Fryed with a little Wine and Oil in a Frying-pan, and applied warm outwardly to the places, helpeth the Wind and Colick in the lower part of the belly. It is an especial Remedy against Opium taken too liberally.

Fennel.

Very Garden affordeth this so plentifully, that it needs no Description. [Government and Virtues.] One good old fashion is not yet left off, viz. to boil Fennel with Fish; for it consumes that Flegmatick humour which most plentifully affords and annoys the Body by, therefore it is a most Herb for that purpose, tho few that use it, know why or wherefore they use it; I suppose the reason of its benefit this way is, because it is an Herb

Mercury, and under *Virgo*, and therefore bears sympathy to *Pisces*. Fennel is good to break wind, to provoke Urine, and ease the pains of the belly, and help to break it. The Leaves or Seeds boiled in Barly-water and drunk, are good for colic, to increase their Milk, and make it more plentiful for the Child. The Leaves, or rather Seeds, boiled in Water, stayeth the Hiccough, and taketh away the loathing which often hapneth to the Stomachs of sick and feaverish Persons, and allayeth the Heat thereof. The Seeds boiled in wine, and drunk, is good for those that are bitten with Serpents, or have eaten

Wind, Dysury, Stone, encreaseth Milk, amends Milk, Hiccough, loathing of Meat, Venomous Beasts, Poyson, Mushrooms, Obstructions in the Liver, Spleen and Gall, Yellow Jaundice, Gout, Cramp, Wheezing, Terms provokes, After-delivery, Cleanse, Open, Eases, Eyes.

poisonful Herbs or Mushrooms. The Seed and the Root much more helpeth to open Obstructions of the Liver, Spleen and Gall, and thereby helpeth the painful and windy Swellings of the Spleen, and the Yellow Jaundice; as also the Gout and Cramps. The Seed is of good use in Medicines to help shortness of Breath and Wheezing by stopping of the passages. It helpeth also to bring down the Courses, and to cleanse the body after Delivery. The Roots are of most use in Physick drinks and Baths that are taken to cleanse the Blood, to open Obstructions of the Liver, to provoke Urine, and amend the ill colour in the Face after sickness, to cause a good habit through the Body. Both Leaves, Seeds and Roots are much used in Drink or Broth, to make People more spare and



and lean that are too fat. The distilled Water of the whole Herb, condensate Juice dissolved, but especially the Natural Juice that Countries issueth out thereof of its own accord, dropped into the cleanseth them from Mists and Films that hinder the Sight. The Fennel is much weaker in Physical Uses than the common Fennel. wild Fennel is stronger and hotter than the tame, and therefore powerful against the Stone, but not so effectual to encrease Milk, of its driness.

### Sow-Fennel, or Hog's-Fennel.

**B**ESIDES the common Name in English, Hog's-Fennel, and the Latin *Peusidanium*, it is called Hoar-strange, and Hoar-strong, Sulphure and Brimstone wort.

**Description.]** The common Sow-Fennel hath divers branched stalks and somewhat long Leaves, three for the most part joined together at among which ariseth a crested straight stalk, less than Fennel, with some thereon, and Leaves growing thereat, and towards the tops some branches from thence; likewise on tops of the stalks and branches stand divers of yellow flowers, where after grow somewhat flat, thin and yellowish seed ger than Fennel-seed. The Root groweth great and deep, with many other and Fibres about them, of a strong scent like hot Brimstone, and yieledeth yellowship Milk, or clammy Juice almost like a Gum.

**Place.]** It flowreth plentifully in the salt low Marshes, near by Sham in Kent.

**Time.]** It flowreth and seedeth in July and August.

**Government and Vertues.]** This also is an Herb of Mercury. The Sow-Fennel (saith Dioscorides and Gallen) used with Vinegar and Rose

or the Juice with a little *Euphorbium* put nose, helpeth those that are troubled with Lethargy, the Frenzy, the turning or giddiness of the Head, the Falling-sickness, long and rate Head-ach, the Palsy, Sciatica, and the C and generally all the Diseases of the Sinews with Oyl and Vinegar; The Juice dissolved in Wine, or put into an Egg, is good for the C or shortness of Breath, and for those that are troubled with Wind in the Body. It purgeth the gently, helpeth the hardness of the Spleen, ease to Women that have sore Travel in Child-Birth, and easeth the of the Reins and Bladder, and also the Womb. A little of the Juice dissolved in wine, and dropped into the Ears, easeth much of the pains in the and put into a hollow Tooth, easeth the pains thereof. The Root is effectual in all the aforesaid Diseases; yet the Powder of the Root cleans foul Ulcers being put into them, and taketh out Splinters of broken Bone or other things in the Flesh, and healeth them up perfectly: as also it cleans up old and inveterate running Sores, and is of admirable vertue in green wounds.

## Figwort, or Throat-wort.

**Description.]** Common great Figwort sendeth divers great, strong, hard, square brown stalks, three or four foot high, wherein grow large, hard, and dark green Leaves, two at a joyn, which are harder and larger than Nettle-leaves, but not stinging; At the tops of the stalks stand many purple flowers, set in Husks, which are somewhat gaping and open, somewhat like those of Water-Betony; after which come hard round heads, with a small point in the middle, wherein lie small brownish seed. The Root is great, white and thick, with many branches at it, growing aslope under the upper crust of the ground, which abideth many years, but loseth not his green Leaves in Winter.

**Place.]** It groweth frequently in moist and shadowy Woods, and in the wet parts of the Fields and Meadows.

**Time.]** It flowreth about July, and the Seed will be ripe about a month after the Flowers are fallen.

**Goverment and Virtues.]** Some Latin Authors call it *Cervicaria*, because it is appropriated to the Neck; and we, *Throatwort*, because it is appropriated to the Throat. *Pomus* owns the Herb, and the Celestiall Bull will not deny it, therefore a better Remedy cannot be for the Kings-Evil, because the Planet that rules the Disease is exalted there, nor for any Disease in the Neck; the rest of the Diseases specified you may (if you look) see a very good reason for their Cure by this Herb. The Decoction of the Herb taken inwardly, and the bruised Herb applied outwardly, dissolveth clotted and congealed Blood

in the Body, coming by any Wound, Bruise, or other Knobs, Kernels, Bunches or Wens in the Flesh wheresoever; and for the Hemorrhoids, or Piles, or other Knobs or Kernels, which sometimes grow about the Fundament.

The Juice made hereof, may be used at all times when the fresh Herb is had. The distilled water of the whole Plant, Roots and all, is good for the same purposes, and drieth up the superfluous virulent moisture of hot and corroding Ulcers; it taketh away all redness, spots, and scales in the Face, as also the Scurf, or any foul deformity therein, as the Leprosie likewise.

*Congealed Blood by Wound, Bruise or Fall, Kings-Evil, Wens, Hemorrhoids, Fundaments, Ulcers, Scurf, Spots, Freckles, Deformity, Leprosie.*

## Filipendula, or Dropwort.

**Description.]** This sendeth forth many Leaves, some bigger, some lesser, set on each side of a middle Rib, and each of them dented about the edges, somewhat resembling wild Tansie, or rather Agrimony, but harder and sharper; among which rise up one or more Stalks, two or three foot high, with the Leaves growing thereon, and sometimes also divided into other leaves spreading at the top into many white sweet smelling flowers, consisting of five Leaves a piece, with some threads in the middle of them standing together, each or single, each upon a small foot-stalk, which after they have been

and lean that are too fat. The distilled Water of the whole Herb, or condensate Juice dissolved, but especially the Natural Juice that in Countries issueth out thereof of its own accord, dropped into the eyes, cleanseth them from Mists and Films that hinder the Sight. The wild Fennel is much weaker in Physical Uses than the common Fennel. wild Fennel is stronger and hotter than the tame, and therefore more powerful against the Stone, but not so effectual to encrease Milk, because of its drinck.

### Sow Fennel, or Hog's-Fennel.

**B**ESIDES the common Name in English, Hog's-Fennel, and the Latin *Pentstemon*, it is called Hoar-strange, and Hoar-strong, Sulphure and Brimstone wort.

**Description.]** The common Sow-Fennel hath divers branched stalks of somewhat long Leaves, three for the most part joined together at the base, among which ariseth a crested straight stalk, less than Fennel, with some, three or four, and Leaves growing thereat, and towards the tops some branches from thence; likewise on tops of the stalks and branches stand divers of yellow flowers, where after grow somewhat flat, thin and yellowish seed, bigger than Fennel-seed. The Root groweth great and deep, with many ocher and Fibres about them, of a strong scent like hot Brimstone, and yeeldeth a yellowish Milk, or clammy Juice almost like a Gum.

**Place.]** It slowreth plentifully in the salt low Marshes, near by Ham in Kent.

**Time.]** It slowreth and seedeth in July and August.

**Goverment and Vertues.]** This also is an Herb of Mercury. The Juice of Sow-Fennel (saith Dioscorides and Galien) used with Vinegar and Rose-water,

Lethargy, Frenzy, Vertigo, Falling sickness, Head-ach, Palsie, Sciatica, Cramp, Sinews, Cough, shortness of Breath, Wind, spleen, Child-bed, Rem, Bladder, Worms, Ears, hollow Teeth, Ulcers, broken Bones, Thorns, Wounds.

or the Juice with a little Euphorbium put to use, helpeth those that are troubled with Lethargy, the Frenzy, the turning or giddiness of the Head, the Falling sickness, long and insupportable Head-ach, the Palsy, Sciatica, and the Cramp, and generally all the Diseases of the Sinews, with Oyl and Vinegar; The juice dissolved in Wine, or put into an Egg, is good for the Cough or shortness of Breath, and for those that are troubled with Wind in the Body. It purgeth the Body gently, helpeth the hardness of the Spleen, give ease to Women that have sore Travel in Child Birth, and easeth the pain of the Reins and Bladder, and also the Worms. A little of the Juice dissolved in wine, and dropped into the Ears easeth much of the pains thereof. The Root is effectual in all the aforesaid Diseases; yet the Powder of the Root cleanseth foul Ulcers being put into them, and taketh out Splinters of broken Bones or other things in the flesh, and healeth them up perfectly: as also it doth up old and inveterate running Sores, and is of admirable vertue in green wounds.

Figwort, or Throat-wort.

**Description.]** Common great Figwort sendeth divers great, strong, hard, square brown stalks, three or four foot high, wherein grow large, hard, and dark green Leaves, two at a joynt, which are harder and larger than Nettle-leaves, but not stinging; At the tops of the stalks stand many purple flowers, set in Husks, which are somewhat gaping and open, somewhat like those of Water-Betony; after which come hard round heads, with a small point in the middle, wherein lie small brownish seed. The Root is great, white and thick, with many branches at it, growing aslope under the upper crust of the ground, which abideth many years, but keepeth not his green Leaves in Winter.

**Place.]** It groweth frequently in moist and shadowy Woods, and in the lower parts of the Fields and Meadows.

**Time.]** It slowreth about July, and the Seed will be ripe about a month after the Flowers are fallen.

**Government and Virtues.]** Some Latin Authors call it *Cervicaria*, because it is appropriated to the Neck; and we, *Throatwort*, because it is appropriated to the Throat. Venus owns the Herb, and the Celestial Bull will not deny it, therefore a better Remedy cannot be for the Kings-Evil, because the Planet that rules the Disease is exalted there, nor for any Disease in the Neck; the rest of the Diseases specified you may (if you look) see a very good reason for their Cure by this Herb. The Decoction of the Herb taken inwardly, and the bruised Herb applied outwardly, dissolveth clotted and congealed Blood within the Body, coming by any Wound, Bruise, Fall; and is no less effectual for the Kings-Evil, any other Knobs, Kernels, Bunches or Wens growing in the Flesh wheresoever; and for the Hemorrhoids, or Piles, or other Knobs or Kernels, which sometimes grow about the Fundament.

*Congealed Blood by Wound, Bruise or Fall, Kings-Evil, Wens, Hemorrhoids, Fundament, Ulcers, Scurf, Spots, Freckles, Deformity, Leprosie.*

Ointment made hereof, may be used at all times when the fresh Herb is not to be had. The distilled water of the whole Plant, Roots and all, is good for the same purposes, and drieth up the superfluous virulent moisture of hollow and corroding Ulcers; It taketh away all redness, spots and freckles in the Face, as also the Scurf, or any foul deformity therein, and the Leprosie likewise.

Filipendula, or Dropwort.

**Description.]** This sendeth forth many Leaves, some bigger, some lesser, set on each side of a middle Rib, and each of them dented about the edges, somewhat resembling wild Tansie, or rather Agrimony, but harder handling; among which rise up one or more Stalks, two or three foot high, with the Leaves growing thereon, and sometimes also divided into other branches spreading at the top into many white sweet smelling flowers, consisting of five Leaves a piece, with some threads in the middle of them standing together, as a tuft or umbel, each upon a small foot-stalk, which after they have been



open, and blown a good while, do fall away, and in their places appear small round, chaffie Heads like Buttons, wherein are the chaffie seed set and placed. The Root consists of many small, black, taberous pieces fastened together by many small, long, blackish strings, which run from one to another.

**Place.]** It groweth in many places of this Land, in the Corners of d Fields and Meadows, and their Hedge sides.

**Time.]** They flower in June and July, and their Seed is ripe in August.

**Government and Virtues.]** It is under the Dominion of Venus, and is very

*Dysury, Strangury, Reins, Bladder, Stone, Gravel, Wind, Lungs, Wheezing, Hoarseness, Cough, Flegm.*

effectual to open the passages of the Urine, and helpeth the Strangury, and all other pains of the Bladder and Reins, helpeth mightily to expel the Stone in the Kidneys or Bladder, and the Gravel also; and these are done by taking the Root in

Powder, or a Decoction of them in White-wine whereunto a little Honey is added. The same also helpeth to expel the After-birth. The Roots made into Powder, and mixed with Honey in the form of an Electuary, doth much help them whose Stomachs are swollen, dissolving and breaking the Wind which was the cause thereof, and is also very effectual for all the Diseases of the Lungs, as shortness of Breath, Wheezing, Hoarseness of the Throat, and the Cough, and to expel the pectorate tough Flegm, or any other parts thereabouts. It is called *Drywort*, because it helps such as Piss by drops.

### The Fig-Tree.

**F**OR to give a Description of a Tree so well known to every body that keeps it in their Gardens, were needless. They prosper very well in our English Gardens; yet are fitter for Medicine than for any other produce which is gotten by the Fruit of them.

**Government and Virtues.]** The Tree is under the Dominion of Jupiter. The milk that issueth out from the Leaves or Branches when they are broken

*Warts, Head sore, Leprosie, Morpew, Scurf, Scab, Sores, Ulcers, Blood congealed, caused by Bruises or Falls, Bloody-Flux, Kibes, Chilblains, Tooth-ach, Noise in the Ears, Deafness, biting of mad Dogs, venomous Beasts, Cough, Hoarseness, shortness of Breath, Breest, Lungs, Droppe, Falling-sickness, Lice.*

off, being dropped upon Warts, taketh them away. The Decoction of the Leaves of a Fig-tree is excellent good to wash sore Heads withal; neither is there scarcely a better Remedy for the Leprosie than it is. It clears the Face also of Morpew, and the Body of white Scurf, moist Scabs and running Sores: if it be dropped into old fretting Ulcers, it cleanseth out the moisture, and bringeth up the Flesh; because you cannot have the Leaves green all the year, you may make an Ointment of them whilst you may. A Decoction of the Leaves being drunk inwardly, or rather a Syrup made of them, dissolves congealed Blood caused by Bruises or Falls, and helps the Bloody-flux. The Ashes of the Wood made into an

Ointment with Hogs-grease helps Kibes and Chilblains. The Juice being put into a hollow Tooth, taketh pain, as also pain and noise in the Ears; be-

ing dropped into them, and Deafness. An Ointment made of the Juice and Hogs-grease, is as excellent a Remedy for the biting of mad Dogs or other venomous Beasts as most is. A Syrup made of the Leaves or green Fruit, is excellent good for Coughs, Hoarseness, or shortness of Breath, and all Diseases of the Breast and Lungs; It is also excellent good for the Dropsie, and Falling-sickness. They say that the Fig-tree as well as the Bay-tree is never hurt by Lightning; as also that a Bull, if he be never so mad, if you tie him to a Fig-tree, will quickly become tame and gentle. As for such things as come from beyond Sea, I have little to say to them, because I write not of Igloticks; yet some Authors say the eating of them makes people Lousie.

### The yellow Water-Flag, or Flower-de-luce.

**Description.]** **T**his groweth like the Flower-de-luces, but it hath much longer and narrower sad green Leaves joyned together in that fashion; the stalk also growing oftentimes as high, bearing small yellow Flowers shaped like the Flower-de-luce with three falling Leaves, and other three arched that cover their bottoms; but instead of the three upright Leaves as the Flower-de-luce hath, this hath only three short pieces, standing in their places, after which succeed thick and long three square heads, containing in each part somewhat big and flat seed, like to those of the Flower-de-luces. The Root is long and slender, of a pale brownish colour on the outside, and of a Horse-flesh colour on the inside, with many hard fibres thereat, and very harsh in taste.

**Place.]** It usually grows in watry Ditches, Ponds, Lakes, and Moor-lands, which are always overflown with water.

**Time.]** It flowreth in July, and the seed is ripe in August.

**Government and Virtues.]** It is under the dominion of the Moon. The Root of this Water-flag is very astringent, cooling, and drying, and thereby helpeth all Lasks and Fluxes, whether of Blood or Humors, as bleeding at Mouth, Nose, or other parts, Bloody-urines, and the immoderate Flux of Womens courses. The distilled Water of the whole Herb, Flowers and Roots, is a Sovereign good Remedy for watering Eyes, both to be dropped into them, and to have Cloths or Spunges wetted therein and applied to the Forehead: also helpeth the spots or blemishes that happen in or about the Eyes, or any other parts: The said Water fomented on Swellings and hot Inflammations of Womens sore Breasts, upon Cankers also, and those spreading Ulcers called *Noli me tangere*, doth much good: It helpeth also foul Ulcers in the privy parts of Man or Woman, or elsewhere. An Ointment made of the Flowers, is better for these external applications.

*Binds, Cools, Dries, Flux, Bloody-Flux, Bleeding, Terms Stops, Eyes, Spots, Blemishes, Inflammations, Sore Breasts, Cankers, Ulcers, Noli me tangere.*

### Flax-weed, or Toad-Flax.

**Description.]** **O**ur common Flax-weed hath divers stalks full fraught with long and narrow blew or Ash-coloured Leaves, and from the middle

middle of them almost upward, stored with a number of pale yellow flowers, of strong unpleasant scent, with deeper yellow mouths, and blackish flat seed in round heads. The Root is somewhat woody and white, especially the main downright one, with many fibres, abiding many years, shooting forth roots every way round about, and new branches every year.

*Place.]* This groweth throughout this Land, both by the Way sides in Meadows, as also by Hedge-sides, and upon the sides of Banks and Borders of Fields.

*Time.]* It flowreth in Summer, and the seed is ripe usually before the end of August.

*Government and Virtues.]* Mars owns the Herb: in *Suffex* we call it Gallwort, and lay it in our Chickens Water to cure them of the Gall, I think

*Dysury, Dropfie, Obstructions of the Liver, Yellow Jaundice, dead Child, and After-birth, Inflammations, Eyes, Ulcers, Cankers, Fistulaes, Leprosie, Scabs, Pimples, Freckles.*

I am sure it relieves them when they are dropping. This is frequently used to provoke Urine being stopped, and to spend the abundance of those watry humours by Urine, which causeth Dropfie. The Decoction of the Herb both Leaves and Flowers in Wine, taken and drunk, doth somewhat move the belly downwards, openeth Obstructions of the Liver, and helpeth the Yellow Jaundice, expelleth Poyson, provoketh Women's

Courses, driveth forth the dead Child, and After-birth. The distilled Water of the Herb and Flowers, is effectual for all the same purposes, especially being drunk with a dram of the Powder of the seeds, or bark of the Root of Wallwort, and a little Cinnamon for certain days together, is held a singular Remedy for the Dropfie; The Juice of the Herb, or the distilled water dropped into the Eyes, is a certain Remedy for all heat, Inflammations, and redness in them. The Juice or water put into foul Ulcers, whether they be Cancerous or Fistulous, with Tents round therein, or parts washed and injected therewith, cleanseth them through from the bottom, and healeth them up safely. The same Juice or water also cleanseth the Skin wonderfully of all sorts of deformity thereof, Leprosie, Morpew, Scurf, Wheales, Pimples, or any other spots or marks in the Skin, applied of it self, or used with some Powder of Wallpines.

### Flea-wort.

*Descript.]* Ordinary Flea-wort riseth up with a stalk two foot high or more, full of joynts and branches on every side up to the top, and every joynt two small, long, and narrow whitish green Leaves somewhat hairy; the tops of every branch stand divers small short scaly or chassy heads, out of which come forth small whitish yellow threads, like to those of the Plantane-herbs, which are the bloomings or flowers. The seed inclosed in those heads, is small and shining while it is fresh, very like unto Fleas both for colour and bigness, but turning black when it groweth old. The Root is not long, but white, hard, and woody, perishing every year, and rising again of its own seed for divers years, if it be suffered to stand. The whole Plant is somewhat whitish and hairy, smelling somewhat like Rozin.

There is another sort hereof differing not from the former in the manner of growing, but only that his stalk and branches being somewhat greater, do a little more bow down to the ground; The Leaves are somewhat greater, the Heads somewhat lesser, the seed alike; and the Root and Leaves abide all the Winter, and perish not as the former.

Place.] The first groweth only in Gardens, the second plentifully in Fields that are near the Sea.

Time.] They flower in July or thereabouts.

Government and Virtues.] The Herb is cold, dry, and Saturnine. I suppose it obtained the name Fleawort, because the seeds are so like Fleas. The seed fried, and so taken, layeth the Flux or Lask of the belly, and the Corrosions that come by reason of hot, cholerick or sharp and malignant Humors, or by the too much purging of any violent Medicine, as Scammony, or the like. The Mucilage of the seed made with Rose-water, and a little Sugar-candy put thereto, is very good in all hot Agues and burning Feavers, and other Inflammations, to cool the Thirst, and lenifie the dryness and roughness of the Tongue and Throat. It helpeth also Hoarseness of the Voice, and Diseases of the breast and lungs

Flux, Corrosion, Cholerick Humours, Agues, Feavers, Inflammation, Thirst, Hoarseness, salt Humours, Pleurisie, Hemorrhoids, Head-ach, Megrin, Imposthumes, Blains, Wheals, Pusshes, Purples, Gout, Joynts, Sciatica, Nipples, sore Breasts, Ears, Worms, Ulcers.

caused by heat or sharp salt Humours, and the Pleurisie also. The Mucilage of the seed made in Plantane-water, whereunto the yolk of an Egg or two, and a little Populeon is put, is a most safe and sure Remedy to ease the sharpness, prickings and pains of the Hemorrhoids or Piles, if it be laid on a Cloth, and bound thereto. It helpeth also all Inflammations in any part of the body, and the pains that come thereby, as the Head-ach and Megrin, and all hot Imposthumes or swellings, or breaking out of the Skin, as Blains, Wheals, Pusshes, Purples, and the like; as also the Joynts, and of those that are out of Joynt; the pains of the Gout and Sciatica, the pursting of young Children, and the swelling of the Navel, applied with Oyl of Roses and Vinegar. It is also very good to heal the Nipples and sore Breasts of Women, being often applied thereunto. The Juice of the Herb with a little Honey, put into the Ears, helpeth the running of them, and the worms breeding in them; The same also mixed with Hogs-grease, and applied to corrupt and filthy Ulcers and Sores, cleanseth and healeth them.

### Flixweed.

Descript.] It riseth up with a round upright hard Stalk, four or five foot high, spread into sundry Branches, whereon grow many grayish green Leaves very finely cut and severed into a number of short and almost round parts. The Flowers are very small and yellow, growing spike fashion, after which come very small long Pods, with very small yellowish seed in them. The Root is long and woody, perishing every year.



There is another sort differing in nothing, save only it hath somewhat broader Leaves: they have a strong evil savour, being smelt unto, and are of a drying taste.

*Place.]* They grow wild in the Fields by Hedgesides, and Highways and among Rubbish, and other places.

*Time.]* They flower and seed quickly after, namely in June and July.

*Government and Virtues.]* This Herb is Saturnine also. Both the Herb

*Flux, Bleeding, Bloody-Flux, Terms stops, broken Bones, Members disjointed, Worms, Sores, Ulcers.*

and Seed of *Flixweed*, is of excellent use to stop the Flux or Lask of the Belly, being drunken in Water wherein Gads of Steel heated have been often quenched; and is no less effectual for the said purpose than Plantane or Comfry, and to restrain any other Flux of Blood in man or woman, as also to consolidate Bones broken, or out of Joynt. The Juice thereof drunk in Wine, or the Decoction of the Herb drunk, doth kill the Worms in the Stomach or Belly, or the Worms that grow in putrid and filthy Ulcers: and made into a Salve, doth quickly heal all old Sores, how foul or malignant soever they be. The distilled Water of the Herb worketh the same effects, although somewhat weaker, yet it is a fair Medicine, and more acceptable to be taken.

It is called *Flixweed*, because it cures the Flux, and for its uniting broken Bones, &c. Paracelsus extols it to the Skies. It is fitting Syrups, Ointment, and Plaisters of it were kept in your Houses.

### Flower-de-luce.

**I**T is so well known, being nursed up in most Gardens, that I shall need to spend time in writing a Description thereof.

*Time.]* The flaggy kinds thereof have the most Physical uses; the dwarf kinds thereof flower in April, the greater sorts in May.

*Government and Virtues.]* The Herb is Lunar. The Juice or Decoction of the green Roots of the flaggy kind of *Flower-de-luce*, with a little Honey

*Stomach, Flegm, Choler, Jaundice, Dropsie, Belly, Sides, Agues, Liver, Spleen, Stone, Convulsions, Cramp, Venomous Beasts, Dysentery, Colick, Terms provokes, Cough, Sneezing, Hemorrhoids, Tooth-ach, Joynts, Scurvy, Gout, Sciatica, Womb, Rheums, Breast, Wounds, Ulcers, Fistulæ, Cankers.*

drunk, doth purge and cleanse the stomach of gross and tough Flegm, and Choler therein; it helpeth the Jaundice and the Dropsie, by evacuating those humours both upwards and downwards; and because it somewhat hurts the stomach, is not to be taken with Honey and Spikenard. The same being drunk, doth ease the pains and torments of the belly and sides, the shaking of Agues, the Diseases of the Liver and Spleen, the worms in the belly, the stone in the reins, Convulsions or Cramps that come of cold humours; it also helps those whose Seed passeth from them unawares: it is a Remedy against the bitings and stinging of Venomous Creatures, being boyled in Water and Vinegar, and drunk.

drunk: Being boyled in Wine and drunk, it provoketh Urine, helpeth the Colick, bringeth down Womens Courfes; and made up into a Pef-fary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended againſt the Cough, to expectorate tough Flegm; it much eaſeth pains in the Head, and procureth ſleep; being put into the Noſtrils, it procureth ſneezing, and thereby purgeth the Head of Flegm; The Juice of the Root applied to the Piles or Hemorrhoids, giveth much eaſe. The decoction of the Roots gargled in the mouth, eaſeth the Tooth-ach, and helpeth a ſtinking breath. Oyl called *Olum Irinum*, if it be rightly made of the great broad ſlag *Flower-de-luce*, (and not of the great bulbous blew *Flower-de-luce*, as is uſed by ſome Apothe-caries) and Roots of the ſame of the ſlaggy kinds, is very effectual to warm and comfort all cold joynts and ſinews, as alſo the Gout and Sciatica, and mollifieth, diſſolveth, and conſumeth tumors, and ſwellings in any part of the body, as alſo of the matrix. It helpeth the Cramp, or Convul-ſion of the ſinews: the Head and Temples anointed therewith, helpeth the Catarrh or thin Rheum diſtilling from thence; and uſed upon the Breafſt or ſtomach, helpeth to extenuate the cold tough Flegm. It helpeth alſo the pains and noiſe in the Ears, and the ſtench of the Noſtrils. The Root it ſelf either green or in Powder, helpeth to cleanſe, heal, and in-carnate Wounds, and to cover the naked Bones with Fleſh again, that Ulcers have made bare; and is alſo very good to cleanſe and heal up Fiſtu-las and Cankers that are hard to be cured.

Fluellin, or Lluellin.

Description.] It ſhooteth forth many long branches, partly lying upon the Ground, and partly ſtanding upright, ſet with almoſt round Leaves, yet a little pointed, and ſometimes more long than round, without order thereon, ſome-what hoary, and of an evil greeniſh white colour; at the joynts all along the ſtalks, and with the Leaves come forth ſmall Flowers, one at a place, upon a very ſmall ſort Foot-ſtalk, gaping ſomewhat like Snap-dragons, or rather like Toad-flax, with the upper jaw of a yellow colour, and the lower of a purliſh, with a ſmall ſpur behind; after which come forth ſmall round heads containing ſmall black ſeed. The Root is ſmall and threddy, dying every year, and raiſeth it ſelf again of its own ſowing.

There is another ſort of Lluellin which hath longer branches, wholly trailing upon the ground, two or three foot long, and ſomewhat more thin, ſet with Leaves thereon, upon ſmall Foot-ſtalks. The Leaves are a little larger, and ſome-what round, and cornered ſometimes in ſome places on the edges; but the lower part of them being the broadest, hath on each ſide a ſmall point, making it ſeem as if they were Ears, ſomewhat hairy, but not hoary, and of a better green colour than the former: The Flowers come forth like the former, but the colours therein are more white than yellow, and the purple not ſo fair; It is a large flower, and ſo are the ſeed and ſeed-veſſel. The Root is like the other, and crieth every year.

Place.] They grow in divers Corn-fields, and in Borders about them, and in other fertil Grounds, about Southfleet in Kent abundantly, at Buck-

worth, Hamerton, and Rickworsworth in Huntingdonshire, and in divers other places.

*Time.*] They are in flower about June and July, and the whole Plant dry and withered before August be done.

*Government and Virtues.*] It is a Lunar Herb. The Leaves bruised and applied with Barley-meal to watering Eyes that are hot and inflamed by distillations from the Head, do very much help them, as also the flux of Blood or Humours, as the Lask, Bloody-flux, Womens Courses, and stayeth all manner of bleeding at Nose, Mouth, or any other place, or that cometh by any bruise, hurt, or bursting a Vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthening; and is no less effectual both to Heal and close green Wounds, as to cleanse or heal all foul or Ulcers, fretting or spreading Cankers, or the like.

Bees are industrious, and go abroad to gather Honey from each Plant and Flower; But Drones lie at home, and eat up what the Bees have taken pains for: Just so do the Colledge of Physitians lie at home, and domineer and suck out the sweetness of other Mens Labours and Studies, themselves being so ignorant in the knowledge of Herbs as a Child of four years old, I can make appear to any rational man by their last Dispensatory. Now then to hide their ignorance, there is no readier way in the World, than to hide knowledge from their Countrymen, that so no body might be able much as to censure out their Ignorance. When Simples were more in use mens bodies were better in health by far than now they are, or shall be, the Colledge can help it. The truth is, This Herb is of a fine cooling, drying quality, and an Ointment or Plaister of it, might do a Man a Courtesie that hath any hot virulent Sores: 'tis admirable for the Ulcers of the French Pox; if taken inwardly, may Cure the Disease. It was first called Female Speedwel, but a Shendleman of Wales, whose Nose was almost eaten off with the Pox, and so near the matter, that the Doctors commanded it to be cut off, being cured only by the use of this Herb, to honour the Herb for saving her Nose whole, gave it one of her Country Names, *Llucilin*.

### Foxglove.

*Description.*] It hath many long and broad Leaves lying upon the Ground, pointed about the edges, a little soft or woolly, and of a hoar green colour, among which riseth up sometimes sundry stalks, but one very often bearing such Leaves thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple Flowers, a little more long and eminent at the lower edge, with some white spots within them, one above another, with small green Leaves at every one, but all of them turning their Heads one way, and hanging downwards, bearing some threads also in the middle, from whence rise round heads, pointed sharp at the ends, wherein small brown

*lish.* The Roots are so many small Fibres, and some greater strings among  
the Flowers have no scent, but the Leaves have a bitter hot taste.  
Place.] It groweth on dry sandy Grounds for the most part, and as  
on the higher as the lower places under Hedge-sides in almost every  
entry of this Land.

Time.] It seldom flowreth before July, and the seed is ripe in August.  
Government and Virtues.] The Plant is under the Dominion of Venus, be-  
of a gentle cleansing Nature, and withal very friendly to Nature. The  
is familiarly and frequently used by the  
ians to heal any fresh or green Wound, the  
ves being but bruised and bound thereon;  
the Juice thereof is also used in old Sores, to  
anse, dry, and heal them. The Decoction  
eof made up with some Sugar or Honey, is  
ilable to cleanse and purge the body both  
wards and downwards, sometimes of tough Flegm, and clammy Hu-  
ours, and to open Obstructions of the Liver and Spleen. It hath been  
nd by experience to be available for the Kings-Evil, the Herb bruised  
d applied, or an Ointment made with the Juice thereof, and so used;  
d a Decoction of two handfuls thereof with four Ounces of Polypody  
Ale, hath been found by late experience to cure divers of the Fallings-  
knefs, that have been troubled with it above twenty years.  
My self am confident that an Ointment of it is one of the best Reme-  
es for a scabby head that is.

Wounds, Cleanse, Dry,  
Heal, Obstructions of the  
Liver and Spleen, Kings-  
Evil, Falling-sickness,  
Scabby-Head.

### Fumitory.

Description.] OUR common Fumitory is a tender sappy Herb, sending forth  
from one square, slender, weak Stalk, and leaning down-  
wards on all sides, many Branches two or three foot long, with finely cut and  
tipped Leaves of whitish, or rather blewish Sea-green colour: At the tops of the  
branches stand many small Flowers, as it were in a long spike one above another,  
made like little Birds of a reddish purple colour with whitish bellies; after  
which come small round Husks containing small black seed. The Root is yellow,  
small, and not very long, full of juice while it is green, but quickly perishes  
with the ripe seed; in the Corn-fields in Cornwall this beareth white  
flowers.

Place.] It groweth in Corn fields almost every where, as well as in  
gardens.

Time.] It flowereth in May for the most part, and the seed ripeneth short-  
ly after.

Government and Virtues.] Saturn owns the herb, and presents it to the  
World as a Cure for his own Diseases, and strengthener of the parts of the  
Body he rules; If by my Astrological judgment of Diseases, from the De-  
cumbiture, you find Saturn Author of the Disease, or if by direction from  
Nativity you fear a Saturnine Disease approaching, you may by this herb  
pre-



prevent it in the one, and cure it in the other; and therefore 'tis best to keep a Syrup of it always by you. The Juice or Syrup made thereof, the Decoction made in Whey by it self, with some other purging or

*Liver, Spleen, Choler, Adust Melancholy, Madnes, Forgetfulness, Jaundice, yellow and black, Pestilence, Sore Mouth and Throat, Eyes, Hairs, Scabs, Itch, Pimples, Wheals.*

ing Herbs and Roots to cause it to work the Liver and Spleen, opening the Obstructions thereof, and clarifying the Blood from filthy cholerick, and adust Humours, which cause prosy, Scabs, Tettors, and Itches, and such breakings out of the Skin, and after the purgation doth strengthen all the inward parts. It is good against the Yellow Jaundice, and spending

it by Urine, which it procureth in abundance. The Powder of the Herb given for some time together, cureth Melancholy, but the strongest in Operation for all the former Diseases. The distilled Water of the Herb is also of good effect in the former Diseases, and condit much against the Plague and Pestilence, being taken with good Tre The distilled Water also, with a little Water and Honey of Roses, be eth all the Sores of the Mouth or Throat, being gargled often there The Juice dropped into the Eyes, cleareth the Sight, and taketh away nefs, and other defects in them, altho it procure some pain for the pre and cause Tears. *Dioscorides* saith, it hindreth any fresh springing Haiks on the Eye-lids (after they be pulled away) if the Eye-lids be an ted with the Juice hereof with Gum *Arabick* dissolved therein. The Ju of Funitory and Docks mingled with Vinegar, and the places gen washed or wet therewith, cureth all sorts of Scabs, Pimples, Botches, Whea Pushe, which arise on the Face or Hands, or any other part of the Bo

### The Futz Bush.

**I**T is so well known, as well by this Name, as in some Countries by the Name of *Gors* or *Whins*, that I shall not need to write any Description thereof, my intent being to teach my Country-men what they know rather than to tell them again of that which is generally known before.

*Place.]* They are known to grow on dry barren Heaths, and other w gravelly or sandy Grounds in all Countries of this Land.

*Time.]* They also Flower in Summer Months.

*Government and Virtues.]* *Mars* owns the Herb. They are hot and dr

*Obstructions, Liver, Spleen, Yellow Jaundice, Dysury, Gravel, Stone.*

good to open Obstructions of the Liver and Spleen. A Decoction made with the Flower thereof, hath been found effectual against the Jaundice, as also to provoke Urine, and clear the Kidneys from Gravel or Stone ingendred

them, *Mars* doth all this by Sympathy.

Garlick.

He offensiveness of the Breath of him that hath eaten Garlick, will lead you by the Nose to the knowledge hereof, and (instead of a Description) direct you to the place where it groweth in Gardens, which kinds the best, and most Physical.

[*Government and Virtues.*] Mars owns this Herb. This was anciently accounted the Poor mans Treacle, it being a Remedy for all Diseases or Hurts, except those which it self breeds). It provoketh Meand Womens Courses, helpeth the biting of Dogs, and other Venomous Creatures; kill Worms in Children, cutteth and avoideth high Flegm, purgeth the Head, helpeth the Leggy, is a good preservative against, and a Remedy for any Plague-fore, or foul Ulcer; taketh away Spots and Blemishes in the Skin, easeth pains in the Ears, ripeneth and breaketh Imposthumes, other Swellings. And for all those Diseases, the Operations are also effectual. But the Garlick hath

*Urine, Terms provokes, Mad Dogs, Venomous Beasts, Worms, Lethargy, Flegm, Pestilence, Aposthumes, Mineral Vapours, stinking Waters, Henbane, Hemlock, Wolf-bane, Dropsy, Cramps, Convulsions, Falling-sickness.*

the more peculiar Virtues besides the former, viz. It hath a special quality to discuss inconveniences coming by corrupt Agues or Mineral Vapours, by drinking corrupt and stinking Waters; as also by taking of Wolf-bane, Hen-bane, Hemlock, or other poysonful and dangerous Herbs. It is held good in Hydropick Diseases, the Jaundice, Falling-sickness, Cramps, Convulsions, the Piles or Hemorrhoids, or other cold Diseases. Many Authors quote many Diseases this is good for; but conceal its uses. Its heat is very vehement, and all vehement hot things send up but favour'd Vapours to the Brain. In Cholerick men 'twill add fuel to the fire, in Men oppressed by Melancholy, 'twill attenuate the Humour, and stir up strong Fancies, and as many strange Visions to the Head; therefore let it be taken inwardly with great moderation, outwardly you may use it more bold with it.

Gentian, Felwort, or Baldmony.

It is confessed, that Gentian which is most used amongst us, is brought over from beyond Sea; yet have we two sorts of it growing frequently in our Nation, which besides the Reasons so frequently alledged, why English Herbs should be fittest for English Bodies, hath been proved by the experience of divers Physicians to be not a whit inferiour in Virtue to that which cometh from beyond Sea; therefore be pleased to take the Description of them as followeth.

[*Descript.*] The greater of the two hath many small long Roots thrust down in the Ground, and abiding all the Winter. The Stalks are sometimes more, sometimes fewer, of a brownish green Colour, which is sometimes two foot high, if the Ground be fruitful, having many long, narrow, dark green Leaves set by themselves up to the top; the Flowers are long and hollow, of a purple Colour, ending in five Corners.

The smaller sort, which is to be found in our Land, groweth up with Stalks not a foot high, parted into several small Branches, whereon grow small Leaves together, very like those of the lesser Centaury, or whitish colour; on the top of the Stalks grow divers perfect blew flowers in long knaks, but not so big as the other; The Root is very small, and chreds.

*Place.*] The first groweth in divers places of both the East and Countries, and as well in wet as in dry Grounds, as near Longfield, near Copham in Kent, near Lillingstone in Kent, also in a ch Pit hard by a Paper-Mill not far from Dartford in Kent.

The second groweth also in divers places in Kent, as about South and Longfield, upon Bartonhills in Bedfordshire: also not far from St. Dunstons upon a piece of waste chalky ground, as you go out of Dunstable toward Goshambury.

*Time.*] They flower in August.

*Government and Virtues.*] They are under the Dominion of Mars,

Poyson, Pestilence, Stomach, Indigestion, Heart preserveth, Fainting, Swooning, biting of mad Dogs, venomous Beasts, Liver, Appetite, Weariness, Joynts, Stitches, Sides, Bruises, Urine provokes, Cramps, Convulsions, Stone, Ruptures, tough Flegm, Scabs, Itch, Sores, Ulcers, Worms, Kings-Evil, Agues, yellow Jaundice, Bots, Venomous Beasts.

is one of the principallest Herbs he is ruler. They resist Putrefaction, Poyson, Pestilence, neither can a more sure Remedy be found to prevent the Pestilence than it is. It strenghteneth the Stomach exceedingly, and helps digestion; it serves the Heart, and preserves it against fainting and swooning: The Powder of the dry Root helps the biting of mad Dogs, and Venomous Beasts, opens Obstructions of the Liver, and restoreth an Appetite of their Meat to such as have lost it; The Herb steeped in Wine, and the Wine drunk, refresheth such as be over-weary with Travel, and are grown lame in their Joynts either by cold or evil lodgings; It helps Stitches and griping pains in the Sides; and is an excellent Remedy for such as are bruised by falls, provokes Urine, and the Terms exceeding.

therefore let it not be given to Women with Child; The same is profitable for such as are troubled with Cramps and Convulsions, to drink the Decoction; Also they say it breaks the Stone, and helps Ruptures certainly; It is very excellent in all cold Diseases, and for such as are troubled with tough Flegm, Scabs, Itch, or any firing Sores and Ulcers; is an admirable Remedy to kill the Worms, by taking half a dram of powder in the morning in any convenient Liquor; the same is excellent good to be taken inwardly for the Kings-Evil. It helps Agues of all kinds, and the yellow Jaundice, as also the bots in Cattel; when Kine are bit on the Udder by any venomous beast, do but stroak the place with the Decoction of any of these, and it will instantly help them.

Clove-Gilli-Flowers.

is in vain to describe an Herb so well known.  
 [Government and Virtues.] They are gallant fine temperate Flowers, of  
 Nature and under the Dominion of *Jupiter*; yea, so temperate, that no  
 is, neither in heat, cold, driness, nor moisture, can be perceived in them;  
 are great strengthners both of the Brain and  
 it, and will therefore serve either for Cor- *Brain, Heart, Consump-*  
 or Cephalicks, as your occasion will serve. *tion, Strengthens Nature.*  
 re is both a Syrup and a Conserve made of  
 n, and of them alone, commonly to be had at every Apothecaries; to  
 now and then a little of either, strengthens Nature much, in such as  
 in Consumptions. They are also excellent good in hot Pestilent Fevers,  
 expel Poison.

Germander.

[Descript.] **C**ommon Germander shooteth forth sundry stalks with small and  
 somewhat round Leaves, dented about the edges. The flowers  
 at the tops, of a deep purple colour. The Root is composed of divers Sprigs,  
 which shoot forth a great way round about, quickly overspreading a Ground.

[Place.] It groweth usually with us in Gardens.

[Time.] And flowereth in June or July.

[Government and Virtues.] It is a most prevalent Herb of *Mercury*, and  
 strengthens the Brain and Apprehension exceedingly; (you may see what  
 these Vertues are under *Mercury*, in the latter end of my *Ephemeris* for  
 1612.) strengthens them when weak; relieves them when drooping, by  
 this Herb. This taken with Honey (saith *Diosco-*

*ride*) is a Remedy for Coughs, for hardness of the  
 throat, and difficulty of Urine, and helpeth those  
 who are fallen into a Dropsey, especially at the  
 beginning of the Disease, a Decoction being made  
 thereof when it is green, and drunk. It also bring-  
 eth down womens Courses, and expelleth the  
 Child. It is most effectual against the Poi-  
 son of all Serpents, being drunk in wine, and  
 bruised Herb outwardly applied; used with

*Cough, Spleen, Dysury,*  
*Dropsey, Terms provokes,*  
*Dead Child, Poison, Ulcers,*  
*Cramps, Agues, Falling-*  
*sickness, Head-ach, Melan-*  
*choly, Dulness of Spirit,*  
*Convulsion, Palsy, Yellow*  
*Jaundice, Worms.*

Honey, it cleanseth old and foul Ulcers; and made into an Oil, and the  
 anointed therewith, taketh away their dimness and moistness. It is  
 likewise good for the Pains in the Sides and Cramps. The Decoction  
 thereof taken for some days together, driveth away and cureth both Ter-  
 tian and Quartan Agues. It is also good against all Diseases of the Brain,  
 continual Head-ach, Falling-sickness, Melancholy, Drowsiness and Dul-  
 ness of the Spirits, Convulsions and Palsies. A Dram of the Seed taken in  
 wine, purgeth by Urine, and is good against the Yellow Jaundice. The  
 Juice of the Leaves dropped into the Ears, killeth the Worms in them. The  
 Juice whereof when they are in flower, steeped twenty four hours in a  
 draught of White-wine, and drunk, killeth Worms in the Belly.

Stinking



## Stinking Galdwin.

**Description.]** **T**His is one of the kinds of Flower-de-luces, having Leaves rising from the Roots very like a Flower-de-luce, that they are sharp-edged on both sides; and thicker in the middle, of a deeper colour, narrower and sharper pointed, and of a strong ill scent if they be between the fingers. In the middle riseth up a reasonable strong stalk a yard at the least, beareth three or four Flowers at the top, made somewhat like the Flower of the Flower-de-luce, with three upright Leaves, of a dead purplish asb with some Veins discoloured in them, the other three do not fall down, nor the other small ones are so arched, nor cover the lower Leaves as the Flower-de-luce doth, but stand loose, or asunder from them. After they are past, there come three square hard husks opening wide into three parts when they are ripe, with in lye reddish seed, turning black when it hath abiden long. The Root is like the Flower-de-luce, but reddish on the outside, and whitish within, very sharp hot in taste, of as evil scent as the Leaves.

**Place.]** This groweth as well in Upland Grounds, as in moist places Woods, and shadowy places by the Sea-side in many places of this Land and is usually nursed up in Gardens.

**Time.]** It flowreth not until July, and the Seed is ripe in August or September; yet the Husks after they are ripe, opening themselves, will hold their Seeds within them for two or three months, and not shed them.

**Government and Virtues.]** It is supposed to be under the Dominion of Saturn. It is used by many Country People to purge corrupt Flegm and Choler, which they do by drinking the Decoction of the Roots; and to make it more gentle, do but infuse the sliced Roots in Ale, and some take the Leaves which serve well for the weaker Stomachs. The Juice hereof put up, or snuffed up the Nose, causeth Sneezing, and draweth from the Head much Corruption; and the Powder thereof doth the same.

The Powder thereof drunk in wine, helpeth those that are troubled with Cramps and Convulsions, or with the Gout or Sciatica, and giveth ease to those that have any griping Pains in the Body or Belly, and helpeth those that have the Strangury. It is given with much profit to those that have had long Fluxes by the sharp and unequal quality of Humours which it stayeth, having first cleansed and purged them by the drying and binding property therein. The Root boiled in wine and drunk, doth effectually procure Womens Courses, and used as a Purgative, worketh the same effect, but causeth Abortion in Women with Child. Half a Dram of the Seed beaten to Powder, and taken in wine doth speedily cause one to Piss, which otherwise cannot. The same taken with Vinegar, dissolveth the hardness and swellings of the Spleen. The Root is very effectual in all wounds, and especially of the Head; as also to draw forth any Splinters, Thorns, or Broken Bones, or any other thing sticking

in the Flesh, without causing Pain, being used with a little Verdigrease Honey, and the great Centaury Root. The same boiled in Vinegar, laid upon any Tumor or Swelling, doth very effectually dissolve and cure them; yea, even the Swellings of the Throat called the Kings. The Juice of the Leaves and Roots healeth the Itch, and all running bleeding Scabs or Sores, or Blemishes, or Scars in the Skin whereof they be.

### Golden-Rod.

**D**escription.] This ariseth up with brownish small round stalks, two Foot high, and sometimes more, having thereon many narrow long dark green Leaves, very seldom with any dents about the edges, or any white spots therein, yet they are sometimes so found, divided at the tops into many small branches, with divers small yellow Flowers on every one of them, which are turned one way, and being ripe, do turn into Down, and are carried away with the Wind. The Root consists of many small Fibres, which grows not in the Ground, but abideth all the Winter thereon, shooting forth new ones every year, the old one lying down to the Ground.

[It groweth in the open places of Woods and Copfes, both moist dry Grounds in many places of this Land.

[It flowereth about the month of July.

Government and Virtues.] Venus claims the Herb, and therefore to be it restores Beauty lost. *Arnoldus de villa nova*

recommends it much against the Stone in the Reins

Kidneys, and to provoke Urine in abundance,

by also the Gravel or Stone may be avoided.

Decoction of the Herb green or dry, or the

Red-water thereof, is very effectual for in-

Bruises; as also to be outwardly applied, it

stop Bleeding in any part of the Body, and of

Fluxes; also the Fluxes of Humours, the Bloody-Flux, and womens

Fluxes; and is no less prevalent in all Ruptures or Burstings, being drunk

inwardly, and outwardly applied. It is a Sovereign wound herb, inferiour

to none, both for inward and outward Hurts; green wounds, and old Sores

Ulcers, are quickly Cured therewith. It is also of special use in all

Wounds for Sores, or Ulcers in the Mouth, Throat or Privy-parts of Man

or Woman. The Decoction also helpeth to fasten the Teeth that are loose

in the Gums.

Beauty lost, Stone, Gravel, Dysury, \* Wounds, Flux, Bloody-Flux, Terms stops, Ruptures, Ulcers, Sore Mouth and Throat, Teeth loose.

### Gout-wort, or Herb-Gerrard.

**D**escription.] It is a low Herb, seldom rising half a yard high, having sundry Leaves standing on brownish green stalks by three, snapped about, with a strong unpleasant savour: The Umbles of flowers are white, and the Seed in the Root runneth in the Ground, quickly taking up a great deal of room.

[It groweth by hedge and wall-sides, and often in the borders or sides of Fields, and in Gardens also.

Time.

*Time*] It flowereth and feedeth about the end of July.

*Government and Virtues.*] Saturn rules it; neither is it to be sup

Gout, Sciatica, Joynts.

Goutwort hath its Name for nothing, but upon experience to heal the cold Gout and Sciatica also Joint-aches, and other cold Grievs. The

bearing of it about one, easeth the pains of the Gout, and defendeth that bears it from the Disease.

Gromel.

**O**F this I shall briefly describe three kinds, which are principally in Phyllick, the Virtues whereof are alike, tho somewhat differing in their manner and form of growing.

*Description*] The greater Gromel groweth up with slender, hard, and Stalks trailing and taking Root in the Ground as it lieth thereon, and parting many other smaller Branches with hairy dark green Leaves thereon. At the top with the Leaves come forth very small blew Flowers, and after them hard roundish Seed. The Root is long and woody, abiding the Winter, and shooting fresh Stalks in the Spring.

The smaller wild Gromel sendeth forth divers upright hard branched Stalks or three foot high full of Joynts, at every of which groweth small, long, hard, rough Leaves like the former, but lesser; among which Leaves come forth white Flowers, and after them grayish round seed like the former; the Root not very big, but with many strings thereat.

The Garden Gromel hath divers upright, slender, woody, hairy stalks, and crested, very little branched, with Leaves like the former; and white Flowers after which in rough brown husks is contained a white hard round seed, like Pearls, and greater than either of the former; the Root is like the former, scribed with divers branches and strings thereat, which continueth (as the doth) all Winter.

*Place.*] The two first grow wild, in barren or untillied places, and by Way-sides in many places of this Land. The last is a Nurssling in the Gardens of the Curious.

*Time.*] They all flower from Midsummer until September sometimes, in the mean time the Seed ripeneth.

*Government and Virtues.*] The Herb belongs to Dame Venus, and the Stone, Gravel, Strangury, he doth; if in Virgo, this is your Cure. These are accounted to be of as singular force as any other Herb or Seed whatsoever, to break the Stone.

to avoid it, and the Gravel either in the Reins or Bladder, as also to provoke Urine being stopped, and to help the Strangury. The Seed is of greatest use, being bruised and boiled in White-wine or in Broth, or the like the Powder of the Seed taken therein, two drams of the Seed in Powder taken with Womens Breast-Milk, is very effectual to procure a speedy Delivery to such Women as have sore Pains in their Travel, and cannot be delivered. The Herb it self (when the Seed is not to be had) either boiled or the Juice thereof drunk, is effectual to all the purposes aforesaid, but not so powerful or speedy in Operation.

## Goosberry-bush.

Called also *Pear-berry*, and in *Suffex* *Dew-berry-bush*, and in some Countries, *Wine-berry*.

*Government and Virtues.*] They are under the Dominion of *Venus*. The berries while they are unripe, being scalded or baked, are good to stir up a fainting or decayed appetite, especially such whose Stomachs are affected by *Cholerick Humours*; they are excellent good to stay the Longings of Women with Child. They may easily keep them preserved with Sugar all the year long. The Decoction of the Leaves of the Tree cools hot Swellings and Inflammations; as also *St. Anthony's fire*. The ripe Goosberries being eaten, are an excellent Remedy to allay the violent Heat both of the Stomach and Liver. The young and tender Leaves break the Stone, and expel Gravel both from the Kidneys and Bladder. All the evils they do to the Body of Man is, they are opposed to breed Crudities, and by Crudities, VVorms.

*Appetite, Stomach, Womens Longing, Swelling, Inflammation, St. Anthony's fire, Stomach, Liver, Stone, Gravel, Worms.*

## Winter-green.

*Description*] This sendeth forth seven, eight, or nine Leaves from a small brownish creeping Root, every one standing upon a long foot-stalk, which are almost as broad as long, round pointed, of a sad green colour, and hard in handling, and like the Leaf of a Pear-tree; from whence ariseth a slender weak stalk, yet standing upright, bearing at the top many small white and sweet smelling Flowers, laid open like a star, consisting of five round pointed Leaves, with many yellowish threads standing in the middle about a green Head, and a long tube with them, which in time groweth to be the seed vessel, which being ripe, sheweth five square with a small point at it, wherein is contained seed as small as dust.

*Place.*] It groweth seldom in Fields, but frequent in the Woods Northwards, viz. in *Yorkshire*, *Lancashire*, and *Scotland*.

*Time.*] It flowereth about *June* or *July*.

*Government and Virtues.*] VVinter-green is under the Dominion of *Saturn*, and is a singular good Wound-Herb, and an especial Remedy for to heal green Wounds speedily, the green Leaves being bruised and applied, or the Juice of them. A Salve made of the green herbs stamped, or the Juice boyled with Hogs lard, or with Salad Oyl and Wax, and some Turpentine added unto it, is a Sovereign Salve, and highly extolled by the Germans, who much use it to heal all manner of Wounds and Sores. The Herb boyled in Wine and Water, and given to drink to them that have any inward Ulcers in their Kidneys, or Neck of the Bladder, doth wonderfully help them.

*Wounds, Ulcers, Kidneys, Bladder, Flux, Bloody flux, Terms stops, Inflammations, Cankers, Fistulae.*



It stayeth all Fluxes, whether of Blood or Humours, as the Lask, Blood-Fluxes, Womens Courfes, and bleeding of wounds, and taketh away all Inflammations rising upon pains of the Heart. It is no lefs helpful for foul Ulcers hard to be cured: as also for Cankers or Fistulaes. The Distilled Water of the Herb doth effectually perform the same thing.

### Groundfel.

**Descript.]** OUR common Groundfel hath a round, green, and somewhat brownish Stalk, spread toward the top into Branches set with broad and somewhat narrow green Leaves cut in on the edges, somewhat like the Oak Leaves, but lesser, and round at the end: at the tops of the Branches stand many small green Heads, out of which grow many small yellow threads or thrums which are the Flowers, and continue many days blown in that manner before it pass away into Down, and with the Seed is carried away in the Wind. The Root is small and threddy, and soon perissheth, and as soon riseth again of its own sowing so that it may be seen many Months in the Year, both green, and in Flower and Seed; for it will spring and Seed twice in a year at least, if it be suffered in the Garden.

**Place.]** This groweth almost every where, as well on tops of Walls, as at the foot among Rubbish, and untilled Grounds, but especially in Gardens.

**Time.]** It flowereth, as is said before, almost in every Month throughout the Year.

**Government and Virtues.]** This Herb is Venus her Mistress-piece, and is gallant an Universal Medicine for all Diseases coming of Heat, whatsoever they be, or in what part of the Body soever they lie, as the Sun shines upon; 'tis very safe and friendly to the Body of Man; yet causeth Vomiting if the Stomach be afflicted; if not, Purging, and it doth it with more gentleness than can be expected; 'Tis moist, and something cold withal, thereby causing expulsion, and repressing the Heat caused by the motion of the Internal Parts in Purges and Vomits. Lay by our Learned Receipts take so much Senna, so much Scammony, so much Colocynthis, so much Infusion of Crocus Metallorum, &c. This Herb alone preserved in Syrup in a distilled Water, in an Oynment, shall do the deed for you in all hot Diseases, and it shall do it, 1. Safely, 2. Speedily.

**The Decoction of the Herb** (saith Dioscorides) made with Wine and drunk, helpeth the Pains of the Stomach proceeding of Choler (which it may well do by a Vomit) as daily experience sheweth. The Juice thereof taken in Drink, or the Decoction of it in Ale, gently performeth the same. It is good against the Jaundice and Falling sickness, being taken in Wine; as also against difficulty of making Water. It provokes Urine, expelleth Gravel in the Reins or Kidneys. A dram thereof given in Oxymel, after some walking

*Choler in the Stomach, Yellow Jaundice, Falling-Sickness, Dysury, Gravel, Sciatica, Colick, Liver, Terms provokes, Womens Breasts, Privy parts, Arteries, Joynts and Sinews Over-heated, Kernels, Wounds in the Sinews, Inflammation in the Eyes,*

walking or stirring of the Body. It helpeth also the Sciatica, griping of the Belly, and the Cholick, helpeth the defects of the Liver, and provoketh Womens Courses. The fresh Herb boiled and made into a Pultis and applied to the Breasts of Women that are swoln with Pain and Heat, as also to the Privy Parts of Man or Woman, the Seat or Fundament, or the Arteries, Joynts and Sinews when they are inflamed and swoln, doth much ease them; and used with some Salt, helpeth to dissolve Knots or Kernels in any part of the Body. The Juice of the Herb, or (as *Dioscorides* saith) the Leaves and Flowers, with some fine Frankincense in Powder, used in Wounds of the Body, Nerves or Sinews, doth singularly help to heal them. The distilled Water of the Herb performeth well all the aforesaid Cures, but especially for Inflammations or watering of the Eyes by reason of the Defluction of Rheum into them.

### Hearts-ease.

**T**His is that Herb which such Physicians as are licensed to blaspheme by Authority without danger of having their tongues bored through with an hot Iron, call an Herb of the Trinity: It is also called by those that are more moderate, Three Faces in a Hood, Live in idleness, Culme-to-you, and in *Suffex* we call them Panfies.

*Place.]* Besides those which are brought up in Gardens, they grow commonly about, wild in the Fields, especially in such as are very barren; sometimes you may find it on the tops of high Hills.

*Time.]* They flower all the Spring and Summer long.

*Government and Virtues.]* The Herb is really *Saturnine*, something cold, viscidous and slimy. A strong Decoction of the Herbs & Flowers (if you will, you may make it into Syrup, or distilled in an Alembick with what Vehicle you please) is an excellent Cure for the French Pox, the Herb being a gallant Antivenerean; and that Antivenereans are the best Cure for that Disease, far better and safer than to torment them with the Flux, divers Foreign Physicians have confessed: The Spirit of it is excellent good for the Convulsions in Children, as also for the Falling-sickness, and a gallant Remedy for the Inflammation of the Lungs and Breast, Pleurisie, Scabs, Itch, &c. It is under the Cœlestial Sign *Cancer*.

*French-Pox, Convulsions, Falling-sickness, Inflammations in the Breast and Lungs, Pleurisie, Scabs, Itch.*

### Heartichokes.

**T**HE Latines call them *Cineria*, only our Colledge call them *Artichocus*. *Government and Virtues.]* They are under the Dominion of *Venus*, and therefore it is no marvel if they provoke Lust much, as indeed they do; being something windy Meats, and yet they stay the involuntary course of Natural Seed in Man, which is commonly called Nocturnal Pollutions. And here I care not greatly

*Lust provoketh, Nocturnal Pollutions, Purgeth by Urine.*

if I quote a little of *Galen's* Nonsense in his Treatise of the Faculties of Nourishment,

ment, he saith, They contain plenty of Cholerick Juice (which notwithstanding I can scarcely believe) of which he saith is ingendred Melancholy Juice, and of that Melancholy Juice thin Cholerick Blood: but to proceed; this is certain, That the Decoction of the Root boyled in VVine, or the Root bruised and distilled in VVine in an Alembick, and being drunk, purgeth by Urine exceedingly.

### Harts-Tongue.

**Descript.]** This hath divers Leaves rising from the Root, every one severally which fold themselves in their first springing and spreading when they are full grown, are about a foot long, smooth and green above, hard and with little Sap in them, and straked on the back adwart on both sides of the middle Rib with small and somewhat long and brownish Marks; the tops of the Leaves are a little bowed on each side of the middle Rib, somewhat narrow with the length, and somewhat small at the end. The Root is of many black threads, folded or interlaced together.

**Time.]** It is green all the Winter, but new Leaves spring every year.

**Goverment and Virtues.]** Jupiter claims Dominion over this Herb, therefore it is a singular Remedy for the Liver, both to strengthen it when weak and ease it when afflicted, 'tis no matter by what; you shall do well to keep it in a Syrup all the year; for though Authors say 'tis green all the year, I scarce believe it. *Harts-Tongue* is much commended against the hardness and stoppings of the

*Spleen, Liver, Flux, Bloody-flux, Hiccough, Gums, Venomous Beasts.* Spleen and Liver, and against the heat of the Liver and Stomach, and against Lasks, and the Bloody flux: The distilled Water thereof is also very good against the Passions of the Heart, and to stay the Hiccough, to help the falling of the Pallate, and stay the Bleeding of the Gums, being gargled in the Mouth. *Discorides* saith, it is good against the Stinging or biting of Serpents. As for the use of it, my Directions at latter end will be sufficient, and enough for those that are studious in Physick, to whet the Brains upon for one year or two.

### Hazel-Nut.

**H** Hazel-Nuts are so well known to every Boy, that they need no Description.

**Goverment and Virtues.]** They are under the Dominion of Mercury. The paited Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or Honey'd-water, is very good to help an old Cough: and being parched and a little Pepper put to them and drunk, digesteth the Distillations of Rheum from the Head.

The dried Husk and Shells to the weight of two drams taken in red Wine stayeth Lasks and Womens Courses, and so doth the red skin that covereth the Kernels, which is more effectual to stay Womens Courses.

And if this be true, as it is, then why should the Vulgar so familiarly affirm, That eating Nuts causeth shortness of Breath, than which nothing is falser? For, how can that which strengthens the Lungs, cause shortness of Breath? I confess the Opinion is far elder than I am; I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders: or are Mens Tongues so given to slandering one another, that they must slander Nuts too, to keep their Tongues in use? If any thing of the Hazel-Nut be stopping, 'tis the Husks and Shells, and no Body is so mad to eat them unless Physically; and the red Skin which covers the Kernel, which you may easily pull off. And thus I have made an Apology for Nuts, which cannot speak for themselves.

Hawkweed.

**Descript.]** *It hath many large Leaves lying upon the Ground, much rent or rent on the sides into many gashes like Dandelion, but with greater parts more like the smooth Sow Thistle, from among which ariseth a hollow rough stalk two or three foot high, branched from the middle upward, wherein are set at every Joint longer Leaves, little or nothing rent or cut, bearing at their top sundry pale yellow Flowers, consisting of many small narrow Leaves, broad pointed and nicked in at the ends, set in adouble row or more, the outermost being larger than the inner, which from most of the Hawkweeds (for there are many kinds of them) do hold, which turn into Down, and with the small brownish seeds is blown away with the Wind: The Root is long and somewhat greater, with many small fibres thereat. The whole Plant is full of bitter Milk.*

**Place]** It groweth in divers places about Field-sides, and the Path-ways in dry Grounds.

**Time.]** It flowreth and flies away in Summer Months.

**Government and Virtues]** Saturn owns it. Hawkweed (saith Dioscorides) is cooling, somewhat drying and binding, and therefore good for the heat of the Stomach, and Gnawings therein; for Inflammations, and the hot Fits of Agues. The Juice thereof in Wine helpeth Digestion, discuteth VVind, hindreth Crudities abiding in the Stomach, and helpeth the difficulty of making VVater, the biting of Venomous Serpents, and stinging of the Scorpion, if the Herb be also outwardly applied to the place, and is very good against all other Poysons.

A scruple of the dried Juice given in VVine and Vinegar, is profitable for those that have the Dropse. The Decoction of the Herb taken with Honey, digesteth thin Plegm in the Ch:st or Lungs, and with Hyssop helpeth the Cough. The Decoction thereof, and of wild Succory made with VVine and taken, helpeth the VVind-Cholick and hardness of the Spleen, it procureth Rest and Sleep, hindreth Venery and Venereous Dreams, cooleth Heats, purgeth the Stomach, encreaseth Blood, and helpeth the Diseases of the Reins and Bladder. Outwardly applied, it is singular good for all the Defects and Diseases of the

*Cools, Dries, Binds, Gnawing in the Stomach, Inflammations, Agues, Crudities, Dysury, Venomous Beasts, Poyson, Dropse, Flegm, Cholick, Spleen, Urinary, Left stops, Venereous Dreams, Reins, Bladder.*



Eyes, Ulcers, Burnings, Inflammations, St. Anthony's Fire, Heat, Salt, Flegm, Convulsion, Cramp, Freckles, Spots, Morpew, Wrinkles.

Eyes, used with some Womens Milk, and used with good success in fretting or creeping Ulcers, especially in the beginning. The green herb bruised, and with a little Salt applied to any place burnt with Fire before Blisters do arise, helpeth them; as also Inflammations, St. Anthony's fire, and all Pusles and Eruptions, heat and salt flegm.

The same applied with Meal and fair Water in manner of a Pultis to any place affected with Convulsions and the Cramps, such as are out of Joynt, doth give help and ease. The distilled Water cleanseth the Skin, and taketh away Freckles, Spots, Morpew, or Wrinkles in the Face.

### The Hawthorn

**I**T is not my intent to trouble you with a Description of this Tree, which is so well known that it needeth none.

It is ordinarily but a Hedge bush, although being pruned and dressed it groweth to a Tree of a reasonable height.

As for the Hawthorn Tree at *Glaffenbury*, which is said to flower yearly on *Christmass-day*; It rather shews the Superstition of those who observe it for the time of its flowring, than any great wonder, sith the like may be found in divers other places of this Land; as in *Whey-street* in *Runney-Marsh*, and near unto *Namptwich* in *Cheshire*, by a place called *White Green*, where about *Christmass* and *May*, if the Weather be frosty, it flowreth not until *January*, or that the hard Weather be over.

*Government and Virtues.*] It is a Tree of *Mars*. The Berries of the Seeds in the Berries beaten to Powder, being drunk in Wine, are held singular good against the Stone, and are good for the Dropsie. The distilled Water of the Flowers stayeth the Lask. The Seeds cleared from the Down, bruised and boyled in

Wine, and drunk, is good for inward tormenting pains: If Cloaths and Spunges be wet in the said distilled Water, and applied to any place where in Thorns and Splinters, or the like, do abide in the Flesh, it will notably draw them forth.

And thus you see the Thorn gives a Medicine for his own pricking, and so doth almost every thing else.

### Hemlock.

*Description.*] **T**He common great Hemlock groweth up with a green stalk, four or five foot high or more, full of red spots sometimes, and at the Joynts very large winged Leaves set at them, which are divided into many other winged Leaves one set against another, dented about the edges, of a sad green colour, branched towards the top, where it is full of Umbles of white Flowers, and afterwards with whitish flat Seed; The Root is long, white, and sometimes crooked, and hollow within. The whole Plant, and every part, hath a strong heady and ill-favour'd scent, much offending the senses.

*Place.*]

Place.] It groweth in all Countries of this Land by Walls and Hedgesides, in waste Grounds, and untilled places.

Time.] It flowreth and seedeth in July, or thereabouts.

Government and Virtues.] Saturn claims Dominion over the Herb; yet I wonder why it may not be applied to the privities in a *Priapismus*, or continual standing of the Yard, it being very beneficial for that Disease; I suppose my Authors Judgment was first upon the opposite Disposition of Saturn to Venus in those Faculties, and therefore he forbade the applying of it to those parts, that it might not cause Barrenness, or spoil the Spirit procreative, which if it do, yet applied to the privities it stops lustful thoughts. Hemlock is exceeding cold and very dangerous, especially to be taken inwardly. It may safely be applied to Inflammations, Tumors and Swellings in any part of the Body (save the privy parts) as also to

*Letchery, Inflammations, St. Anthony's fire, Tetters, Ringworms, Eyes, Pin and Web, Gout.*

St. Anthony's fire, wheales, pusses, and creeping Ulcers, that rise of hot sharp Humours, by cooling and repelling the Heat The Leaves bruised and laid to the Brow or Forehead, are good for their Eyes that are red and swollen. As also to take away a Pin and Web growing in the Eye; this is a tried Medicine, Take a small handful of the Herb, and half so much Bay-Salt beaten together, and applied to the contrary Wrist of the Hand for twenty four hours, doth remove it in thrice dressing. If the Root thereof be roasted under the Embers wrapped in double wet Papers, until it be soft and tender, and then applied to the Gout in the Hands or Fingers, it will quickly help this evil. If any shall through mistake eat the Herb Hemlock instead of Parsly, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kind of a Frenzy, or perturbation of the Senses, as if they were stupid or drunk, the Remedy is, as *Pliny* saith, To drink of the best and strongest pure Wine, before it strike to the Heart, or Gentian put in Wine, or a draught of good Vinegar, wherewith *Tragus* doth affirm, That he Cured a Woman that had eaten the Root.

### Hemp.

This is so well known to every good House-wife in the Country, that I shall not need to write any Description of it.

Time.] It is sown in the end of March, or beginning of April, and is ripe in August or September.

Government and Virtues.] It is a Plant of Saturn, and good for something else you see, than to make Halters only. The Seed of Hemp consumeth Wind, and by the much use thereof disperfeth it so much that it dryeth up the Natural Seed for Procreation; yet being boyled in Milk and taken, helpeth such as have a hot dry Cough. The Dutch make an Emulsion out of the Seed, and give it with good success with those that have the Jaundice, especially in the beginning of the Disease, if there be no

*Wind, Cough, Jaundice, Gail, Choler, Flux, Cholericke, Bleeding, Worms, Earwigs, Inflammation, Gout, Sinews shrunk.*

Ague accompanying it, for it openeth Obstructions of the Gall, and causeth digestion of Choler. The Emulsion or Decoction of the Seed stayeth Lacks and continual Fluxes, easeth the Cholick, and allayeth the trouble some Humours in the Bowels, and stayeth Bleeding at the Mouth, Nose or other places, some of the Leaves being fried with the Blood of them that bleed, and so given them to eat. It is held very good to kill the VVorms in Man or Beast; and the Juice dropped into the Ears, killeth VVorms in them, and draweth forth Earwigs, or other Living Creatures gotten into them. The Decoction of the Root allayeth Inflammation in the Head or any other parts; the Herb it self, or the distilled VVater thereof doth the like. The Decoction of the Roots easeth the Pains of the Gout, the hard Tumors or Knots in the Joynts, the pains and shrinkings of the Sinews, and the pains of the Hips: The fresh Juice mixed with a little Oyl and Butter, is good for any place that hath been burnt with Fire, being thereto applied.

### Henbane.

**Description.]** OUR common Henbane hath very large, thick, soft, round Leaves lying upon the Ground, much cut in, or torn on the edges, of a dark ill grayish green colour, among which arise up divers thick and short stalks two or three foot high, spread into divers smaller Branches, with lesser Leaves on them, and many hollow Flowers scarce appearing above the Husk, and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow colour, somewhat paler towards the edges with many purplish Veins therein, and of a dark yellowish purple in the bottom of the Flower with a small point of the same colour in the middle, each of them standing in a hard close Husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top points, wherein is contained much small seed very like Poppy-seed, but of a dusky grayish colour. The Root is great, white and thick, branching forth divers ways under Ground, like a Parsnip Root (but that it is not so white) that it hath deceived divers. The whole Plant more than the Root hath a very heavy, ill saporiferous smell somewhat offensive.

**Place.]** It commonly groweth by the Way-sides, and under Hedge-sides and VValls.

**Time.]** It floweth in July, and springeth again yearly of its own Seed.

I doubt my Authors mistook July for June, if not for May.

**Government and Virtues.]** I wonder in my heart, how Astrologers could take on them to make this on Herb of Jupiter; and yet Mezzaldus, a Man of a penetrating Brain, was also of that Opinion as well as the rest; the Herb is indeed under the Dominion of Saturn, and I prove it by this Argument.

All the Herbs which delight most to grow in Saturnine places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine places, and whole Cart-Loads of it may be found near the places where they empty the common

and scarce a Ditch to be found without it growing by it. Ergo 'tis  
Herb of Saturn.

The Leaves of Henbane do cool all hot Inflam-  
mations in the Eyes, or any other part of the Bo-  
dy, and are good to assuage all manner of Swel-  
lings of the Cods or Womens Breasts, or elsewhere.  
They be boiled in Wine, and either applied  
themselves, or the Fomentation warm; it also as-  
suageth the pain of the Gout, the Sciatica, and all other Pains in the Joints  
that arise from an hot Cause. And applied with Vinegar to the Fore-head  
Temples, helpeth the Head-ach, and want of Sleep in hot Fevers. The  
Oyl of the Herb or Seed, or the Oyl drawn from the Seed, do the like.  
The Oyl of the Seed is helpful for the Deafness, Noise, and Worms in the  
Ears, being dropped therein; the Juice of the Herb or Root, doth the same.  
A Decoction of the Herb or Seed, or both, killeth Lice in Man and Beast.  
The Fume of the dried Herb, Stalks and Seed burned, quickly healeth Swel-  
lings, Chilblains, or Kibes in the Hands or Feet, by holding them in the Fume  
thereof. The Remedy to help those that have taken Henbane, is to drink  
Milk, Honey'd Water, or Pine Kernels, with sweet Wine; or in  
absence of these, Fennel-seed, Nettle-seed, the Seed of Cresses, Mustard,  
Raddish, as also Onions or Garlick taken in Wine, do all help to free  
them from danger, and restore them to their due Temper again.

Take notice, That this Herb must never be taken inwardly; outwardly,  
Oyl, Oyntment, or Plaister of it, is most admirable for the Gout; to  
quench the Venereal Heat of the Reins in the French-  
Pox; to stop the Tooth-ach being being applied French-Pox, Tooth-ach.  
on the aching side; to allay all Inflammations, and  
help the Diseases before premised.

### Hedge-Hysop.

[Description.] **D**ivers sorts there are of this Plant, the best of which is an Ita-  
lian by Birth, and only nursed up here in the Gardens of the  
Jesuits. Two or three sorts are to be found commonly growing Wild here; the De-  
scription of two of which I shall give you. The first is a smooth low Plant, not a foot  
high, very bitter in Taste, with many square Stalks diversly branched from the bot-  
tom to the top, with divers Joints, and two small Leaves at each Joint, broader  
at the bottom than they are at the end, a little dented about the Edges, of a sad  
green Colour, and full of Veins. The Flowers stand at the Joints, being of a fair  
purple Colour, with some white Spots in them, in fashion like these of dead Nettles.  
The Seed is small and yellow, and the Roots spread much under Ground.  
The second seldom groweth half a foot high, sending up many small Branches,  
which grow many small Leaves set one against the other somewhat broad, but ve-  
ry bitter. The Flowers are like the Flowers of the other in fashion, but of a pale  
purple Colour. The Seeds are small and yellowish. The Root spreadeth like the  
other, neither will it yield to its fellow one ace of bitterness.

[Plant]



*Place.]* They grow in wet low Grounds and by the Water-sides last may be found among the Bogs on *Hampstead-Heath*.

*Time.]* They Flower in June and July, and the Seed is ripe presently after.

*Government and Virtues.]* They are Herbs of Mars, and as Cholerick Churchish as he is, being most violent Purgers specially of Choler and Flegm. It is not safe taking them inwardly, unless they be well rectified by the Art of the Alchymist, and only they are of them given; if so used, they may be very healthful both for the Flegm, Gout, and Sciatica; outwardly used in Ointments they kill Worms the Belly being anointed with it; and are excellent good to cleanse and filthy Ulcers.

### Black Hellebore.

**I**T is called also *Setter-wort*, *Setter-Grass*, *Bears-Foot*, *Christmase-Herb*, *Christmas-Flower*.

*Description.]* It hath sundry fair green Leaves rising from the Root, of them standing about a handfull high from the Earth; each Leaf is divided into seven, eight, or nine parts, dented from the middle of the Leaf to the point on both sides, abiding green all the Winter; about Christmase time, if there be any thing temperate, the Flowers appear upon Foot-stalks, also consist of five large, round, white Leaves a piece, which sometimes are purple toward the Edges, with many pale yellow Thrums in the middle; the Seeds are divided into several Cells, like those of Columbines, save only they are greater, the Seed in the Colour black, and in form long and round: The Root consisteth of a number of numberless blackish Strings, all united into one Head.

There is another Black Hellebore which groweth up and down in the Winter very like this, but that only the Leaves are smaller and narrower, and perishes the Winter when this doth not.

*Place.]* The first is maintained in Gardens. The second is commonly found in the Woods in *Northamptonshire*.

*Time.]* The first flowreth in December or January; the second in February or March.

*Government and Virtues.]* It is an Herb of Saturn, and therefore not safe to be used if it have some sullen Conditions with it, would be far safer, being purified by the Art of the Alchymist, than given raw. If any have taken harm by taking it, the common Cure is to give Goats Milk; if you cannot get Goats Milk, must make a shift with such as you can get. The Roots are very effectual against all Melancholick Diseases, especially such as are of long standing as Quartan Agues, and Madness; it helps Falling-sickness, and the Leprosy, both the Yellow and the Black Jaundice.

Falling-sickness, and the Leprosy, both the Yellow and the Black Jaundice.

out, Sciatica, Convulsions; and truly this was found out by experience. That the Root of that which groweth Wild in our Country, works churlishly as those do which are brought from beyond Sea, as be-  
 maintained by a more temperate Air. The Root used as a Pessary,  
 kes the Terms exceedingly; also being beaten into Powder, and strew-  
 on foul Ulcers, it consumes the dead Flesh, and instantly heals them;  
 it will help Gangreens in the beginning; twenty Grains taken in-  
 is a sufficient Dose for one time, and let that be corrected with  
 so much Cinamon; Country People used to Rowel their Cattel  
 it. If a Beast be troubled with the Cough, or have taken any Poy-  
 they bore a hole through his Ear, and put a piece of the Root in it;  
 will help him in twenty four hours time. Many other uses Farriers  
 to, which I shall forbear.

### Herb Robert.

*Tripet.* **I** Trifeteth up with a reddish Stalk two foot high, having divers Leaves  
 thereon upon very long and reddish Foot-stalks, divided at the ends  
 into three or five Divisions, each of them cut in on the Edges, some deeper than  
 others, and all dented likewise about the Edges, which oftentimes turn reddish. At  
 the tops of the Stalks come forth divers Flowers made of five Leaves, much larger  
 than the Doves Foot, and of a more reddish Colour, after which come black Heads,  
 and others. The Root is small and thready, and smelleth as the whole Plant,  
 strong, almost stinking.

*Use.]* This groweth frequently every where by Way-sides, upon Ditch-  
 es, and waste Ground, wheresoever one goeth.

*Time.]* It flowreth in June and July chiefly, and the Seed is ripe shortly

*Government and Virtues.]* It is under the Domion of Venus. Herb-Ro-  
 bert is commended not only against the Stone,  
 to stay Blood, where, or howsoever flowing; *Stons, Bleeding, Terms*  
 readily healeth all green Wounds, and is effe- *stops, Wounds, Ulcers in*  
 in old Ulcers in the Privy Parts, or else- *the Privities.*  
 re. You may perswade your self this is true,  
 also conceive a good reason for it, if you do but consider 'tis an Herb  
 that, for all it hath a Man's Name.

### Herb True-love, or One-berry.

*Tripet.]* **O** Rinary Herb True-love hath a small creeping Root running un-  
 der the upper Crust of the Ground, somewhat like a Couch-grass  
 but not so white, shooting forth Stalks with Leaves, some whereof carry no  
 fruit, tho others do, every Stalk smooth without Joints, and blackish Green,  
 about half a foot high if it bear Berries, otherwise seldom so high, bearing at  
 the top four Leaves set directly one against another in manner of a Cross or Rib-  
 tied (as it is called) on a true Loves Knot, which are each of them apart  
 that like unto a Nightshade Leaf, but somewhat broader, having sometimes  
 three

three Leaves, sometimes five, sometimes six, and those sometimes greater others. In the middle of the four Leaves riseth up one small slender Stalk an Inch high, bearing at the top thereof one Flower spread open, like a Star of four small and long narrow pointed Leaves of a yellowish green Colour four other lying between them lesser than they; in the middle whereof round dark purplish Button or Head, compassed about with eight small snealy Threads with three Colours, make it the more conspicuous, and large bold. This Button or Head in the middle, when the other Leaves are with cometh a blackish purple Berry full of Juice, of the bigness of a reasonable having within it many white Seeds. The whole Plant is without any maner Place.] It groweth in Woods and Copfes, and sometimes in the or Borders of Fields, and waste Grounds, in very many places in this and abundantly in the Woods, Copfes, and other places about Chelmsford and Maidstone in Kent.

Time.] They spring up in the middle of April or May, and are in soon after: The Berries are ripe in the end of May, and in some June.

Government and Virtues.] Venus owns it. The Leaves or Berries are effectual to expel Poyson of all sorts, especially that of the Aconites. As also the Plague, and other Pestilential Diseases. Some have been thereby, saith *Mathiolus*, that have lien long lingering Sickness. And others that by Wine (as it was thought) were become half foolish taking a dram of the Seeds or Berries her Powder every day for twenty days together were restored to their former Health. The Roots in Powder taken ease the Pains of the Cholick speedily. The Leaves are very effect well for green Wounds, as to cleanse and heal up filthy old Sores and Ulcers; and is very powerful to discuss all Tumours and Swellings in the Groyn, Cods and Privities, Inflammation, Apostumies.

Powder every day for twenty days together were restored to their former Health. The Roots in Powder taken ease the Pains of the Cholick speedily. The Leaves are very effect well for green Wounds, as to cleanse and heal up filthy old Sores and Ulcers; and is very powerful to discuss all Tumours and Swellings in the Groyn, Cods, Privy-parts, or Groin, or in any part of the Body, and speedily allay all Inflammations. The Leaves or the Juice applied to Felothe Nails of the Hands or Toes, that have Imposthumes or Sores gathered together at the Roots of them, healeth them in short space.

The Herb is not to be described for the Premises, but is fit to be raised in every good Womans Garden.

### Hyssop.

**H**Yssop is so well known to be an Inhabitant in every Garden, it will save me labour in writing a Description thereof. The Virtues are as followeth:

Temperature and Virtues.] The Herb is Jupiter's, and the Sign Cancer strengthens all the Parts of the Body under Cancer and Jupiter; which they may be, is found amply discoursed in my *Astrological Judgment of Diseases* saith, That Hyssop boiled with Rue and Honey, and drunk, he

that are troubled with Coughs, Shortness of breath, Wheezing and Rheumatick Distillations in the Lungs; taken also with Oxymel, it killeth Worms in the Belly; and with fresh Figs bruised, helpeth to loosen the Belly, more forcibly if the Root of Flower-de-luce Cresses be added thereto. It amendeth and setteth the Native Colour of the Body, spoiled by Yellow Jaundice; and being taken with Nitre, helpeth the Dropsy and Spleen. Being boiled with Wine, good to wash Inflammations, and taketh away the black and blew Spots and Marks that come by Strokes, Bruises, or Falls, being applied with Water. It is an excellent Medicine for the Quinsy, or Swelling in the Throat, to wash and gargle it, being boiled with Figs. It helpeth the Tooth-ach, being boiled in Vinegar, and gargled therewith. The hot Vapours of the Decoction taken by a Funnel in at the Ears, easeth the Inflammation and singing Noise of them. Being bruised, and Salt, Honey and Camellin-seed put to it, it helpeth those that are Stung by Serpents. The decoction thereof (the Head being anointed) killeth Lice, and taketh away Itch of the Head. It helpeth those that have the Falling-sickness, which way it be applied. It helpeth to expectorate rough Pleurisy, and is effectual in cold Griefs, or Distillers of the Chest and Lungs, being taken either in Syrup or Licking Medicine. The green Herb bruised, and a little Oil put thereto, doth quickly heal any Cut or green Wounds, being unto applied.

### Hops.

These are so well known, that they need no Description. I mean the Mannet-kind, which every good Husband or Housewife is acquainted with. [The Wild Hop groweth up as the other doth, ramping upon Trees or that stand next unto them, with rough branches and Leaves like the former, but it giveth smaller Heads, and in far less plenty than it, so that there is but a Head or two seen in a Year on divers of this wild kind, whereas consisteth in this difference.]

[They delight to grow in low moist Grounds, and are found in parts of this Land.]

[They spring not up until April, and flower not until the latter end of May; the heads are not gathered until the middle or latter end of September.]

[Government and Virtues] It is under the Dominion of Mars. This in Physick Operations, is to open Obstructions of the Liver and Spleen, to cleanse the Blood, to loosen the Reins, to cleanse the Reins from Gravel, and promote the Urine. The Decoction of the tops of Hops, as of the same as the wild, worketh the same effect. In cleansing the Blood they help to Cure the Scab Disease, and all manner of Scabs, Itch and

Cough, Shortness of breath, Wheezing. Gross Humours, Worms, Yellow Jaundice, Dropsy, Spleen, Inflammations, black and blew Spots, Quinsy, Tooth-ach, Noise in the Ears, Venomous Beasts, Lice, Itching of the Head, Falling-sickness, Wounds.

Liver, Spleen, Obstructions, Blood, Reins, cleanse, French-Pox, Scabs, Itch, Tetter, Ring-worms, Morphea, Pityriasis, Worms, Trunk, Gravel, Dysuria, other



Yellow Jaundice, Liver, other breakings out of the Body; as also  
Stomach, Ague. tters, Ringworms, and Spreading Sores, the  
phew, and all Discolourings of the Skin.

Decoction of the Flowers and Tops, do help to expel Poyson that  
hath drunk. Half a Dram of the Seed in Powder taken in drink,  
Worms in the Body, bringeth down Womens Courfes, and expelleth  
A Syrup made of the Juice and Sugar, cureth the Yellow Jaundice,  
the Head-ach that comes of Heat, and tempereth the heat of the  
and Stomach, and is profitable given in long and hot Agues that  
Choler and Blood. Both the wild, and the manured, are of one prop  
and alike effectual in all the aforefaid Diseases.

By all these Testimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. Reason will tell you how it per  
these Actions.

### Horehound.

Descript.] **C**ommon Horehound groweth up with square hairy Stalks,  
yard, or two Foot high, set at the Joints with two round  
rough Leaves, of a sullen heavy green Colour, of a reasonable good Scent, but  
bitter Taste. The Flowers are small, white, and gaping, set in a rough, hard  
Husk, round about the Joints with the Leaves from the middle of the Sta  
ward, wherein after wards is found small, round, blackish Seed. The Root is  
hard, and woody, with many Strings thereat, and abideth many Years.

Place.] It is found in many parts of this Land, in dry Grounds, and  
green Places.

Time.] It flowereth in and about July, and the Seed is ripe in Aug.

Government and Virtues.] It is an Herb of Mercury. A Decoction  
dried Herb with the Seed, or the Juice of the green Herb taken with

Difficulty of Breath, Cough,  
Consumption, Flegm, Terms  
provokes, After-birth,  
Weariness, Poyson, Veno  
mous Beasts, Ulcers, Sides,  
Eyes, Yellow Jaundice,  
Ears, Obstructions of the  
Liver and Spleen, Liver,  
Itch, Tetters, Worms, Dogs  
bitings, Womens Breasts,  
Thorns, Asthma's.

or creeping Sores, and the growing of the Flesh over the Nails. It  
helpeth pains of the Sides. The Juice thereof with Wine and Honey  
helpeth to clear the Eye-sight, and snuffed up into the Nostrils purgeth  
the Yellow Jaundice, and with a little Oyl of Roses dropped into the  
easeth the pains of them. Galen saith, it openeth Obstructions both

is a Remedy for those that are Purfy or  
winded, or have a Cough, or are fallen  
Consumption, either through long Sickne  
thin Distillations of Rheum upon the Lung  
helpeth to expectorate tough Flegm from  
Chest, being taken from the Roots of  
Orris. It is given to Women to bring  
their Courfes, to expel their After-birth,  
them that have sore and long Travels, as  
those that have taken Poyson, or are stung  
bitten by Venomous Serpents. The Leaves  
with Honey, purge foul Ulcers, stay run

and Spleen, and purgeth the Breast and Lungs of Flegm; and used hardly it both cleanseth and digesteth. A Decoction of *Horsebround* (*Matthioli*) is available for those that have bad Livers, and for such as Ichtes, and running Tetters. The Powder hereof taken, or the Decoction, killeth Worms. The green Leaves bruised and boiled in old Hogs-head unto an Ointment, healeth the birings of Dogs, abateth the Swellings of Womens Breasts, and taketh away the Swellings and Pains that come by pricking of Thorns, or such like means; and used with Vinegar, cleanseth and healeth Tetters. There is a Syrup made of *Horsebround* to be had at the Apothecaries, very good for old Coughs, to rid the tough Flegm; also to avoid cold Rheum from the Lungs of Old Folks, and for those that are Asthmatick or Short-winded.

### Horstail.

That there are many kinds; but I shall not trouble you nor my self with any large Description of them, which to do were but as the proverb is, *To find a Knot in a Rush*. All the kinds thereof being nothing but knotted Rushes, some with Leaves, and some without. Take the Description of the most eminent sort as followeth.

[The great Horstail at the first springing hath Heads somewhat like that of Asparagus, and after grow to be hard, rough, hollow Stalks, jointed at places up to the top, a Foot high, so made as if the lower parts were put to the upper, whereat grow on each side a Bush of small, long Rush-like hard leaves, each part resembling a Horstail (from whence it was so called). At the top of the Stalks come forth small Catkins like those of Trees. The Root creepeth under Ground, having Joints at sundry places.

[This (as the most of other sorts hereof) groweth in wet Grounds. They spring up in April, and their blooming Catkins in July, and for the most part in August, and then perish down to the Ground, leaving afresh in the Spring

[Government and Virtues.] The Herb is belonging to Saturn, yet is very useful, and excellent good for the things following: *Horstail*, the smooth rather than the rough, and the leaved rather than the bare, are most medicinal. It is very powerful to stanch Bleeding,

whethersoever, either inward or outward, the Decoction thereof being drunk, or as Juice, Decoction, or distilled Water applied outwardly. It stayeth also all sorts of Lasks and Fluxes in Man or Woman, and the Pissing of Urine, and healeth also not only the inward Ulcers and Excoriation of the Entrails, Bladder, and Heart all other sorts of foul, moist and running sores, and soon soldereth together the tops of

Wounds. It cureth all Ruptures in Children. The Decoction thereof with Wine being drunk, provoketh Urine, and helpeth the Stone and the Strangury:

*Bleeding, Flux, Terms stop, Pissing Blood, Inward Ulcers, Excoriations of the Bladder, Ulcers, Wounds, Ruptures, Dysury, Stone, Strangury, Cough, Inflammations, Pimples, red Face.*

Strangury; and the distilled Water thereof drunk two or three times day, and a small quantity at a time; as also easeth the Entrails or an I is effectual against a Cough that comes by Distillation from the Heart. The Juice or distilled Water being warmed, and hot Inflammations, Pustles, or red Wheals, and other breakings out in the Skin, being bathed therewith, doth help them; and doth no less ease the swelling Heat, Inflammation of the Fundament or Privy parts in Man or Woman.

### Houssleek, or Sangreen.

**B**oth these are so well known unto my Country-men, that I shall need to write any Description of them.

*Use.* It groweth commonly on VValls and House-sides, and flowers in July.

*Government and Virtues.* It is an Herb of Jupiter, and it's reported by Galen, to preserve what it grows upon from Fire and Lightning. Ordinary Houssleek is good for all inward Heats, as well as outward, and in the Eyes, or other Parts of the Body; a Posset made with the Juice of Houssleek

*Heat, Eyes, Agues, Thirst, Salt Rheum, Ears, Toxics, fluxes, Inflammations, St. Anthony's Fire, Burning, Scaldings, Tetter, Ringworms, Curn on the Hands and Feet, Head-ach, Frenzy, Watching, Bleeding, Nettles, Bites,*

is singular good in all hot Agues, for it cooleth and tempereth the Blood and Spirits, and quencheth the Thirst. And is also good to stay all Defluxions of sharp and salt Rheums in the Head, the Juice being dropped into them; or into the Ears, helpeth them. It helpeth also other Parts of Humours in the Bowels, and the immoderate Courses of Women. It cooleth and restraineth all other hot Inflammations, St. Anthony's Fire, Scaldings, and Burnings, the Shingles, Ring Ulcers, Cankers, Tetter, Ring-worms, the like: and much easeth the pain of the Gout proceeding from a cold Cause. The Juice also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the Skin and Leaves being laid on afterwards. It easeth also the Head-ach, and distempered Heat of the Brain in Frenzies, or through want of Sleep, being applied to the Temples or Fore-head. The Leaves bruised and laid upon the Crown or Seam of the Head, stoppeth Bleeding at the Nose very quickly. The distilled Water of the Herb is profitable for all the purposes aforesaid. The Leaves being gently rubbed on any place stung with Nettles or Bees, doth quickly away the pain.

### Hounds-Tongue.

**Descript.]** The great ordinary Hounds-Tongue hath many long, and what narrow, soft, hairy darkish green Leaves, lying on the Ground somewhat like unto Bugloss-Leaves, from among which riseth up a hairy stalk about two foot high, with some smaller Leaves thereon, and branched at the tops into divers parts, with a small Leaf at the foot of every Branch, is somewhat long, with many Flowers set along the same, which Branch is at

turneth inwards before it floweth, and openeth by degrees, as the Flowers do  
 low, which consist of small purplish red Leaves of a dead colour, scarce rising out  
 of the Husks wherein they stand with some threads in the middle. It hath sometimes  
 white Flower, after the Flowers are past, there cometh rough flat seed, with a  
 small pointel in the middle, easily cleaving to any Garment that is toucheth, and  
 so easily pulled off again. The Root is black, thick, and long hard to break,  
 and full of a clammy Juice, smelling somewhat strong, of an evil scent, as the  
 leaves also do.

[place.] It groweth in moist places of this Land, in waste Grounds, and  
 tilld places, by High-way-sides, Lanes and Hedge-sides.

[Time.] It flowereth about May and June, and the seed is ripe shortly after.

[Government and Virtues.] It is a Plant under the Dominion of Mercury:  
 The Root is very effectually used in Pills, as well as the Decoction, or other.

Use, to stay all sharp & thin Defluctions of Rheum

from the Head into the Eyes or Nose; or upon the

Stomach or Lungs, as also for Coughs or shortness

of Breath. The Leaves boyled in Wine (saith

Aesculapides, but others do rather appoint it to be

made with Water, and do add thereto Oyl and

Milk) mollifieth or openeth the Belly downward. It also helpeth to cure

the biting of a mad Dog, some of the Leaves being also applied to the

Wound: The Leaves bruised, or the Juice of them boyled in Hogs Lard,

and applied, helpeth the falling away of the Hair, which cometh of hot

and sharp Humours; as also for any place that is scalded or burnt; The

Leaves bruised and laid to any green Wound, doth heal it up quickly;

The Root baked under the Embers wrapped in Paste, or wet Paper, or in

wet double Cloth, and thereof a Suppository made, and put up into,

applied to the Fundament, doth very effectually help the painful Piles

and Hemorrhoids. The distilled Water of the Herbs and Roots, is very

good to all the purposes aforesaid, to be used as well inwardly to drink,

outwardly to wash any sore places, for it healeth all manner of Wounds

and Punctures, and those foul Ulcers that arise by the French-Pox.

Miraldus adds to this, That the Leaves laid under the Feet, will keep

Dogs from barking at you; Hounds-Tongue, because it ties the Tongues

of Hounds, whether it be true or not, I never tried; yet I have cured the

biting of a mad Dog with this only Medicine.

Eyes, Nose, Stomach, Lungs,  
 Shortness of Breath, Mad  
 Dogs, Scalding, Burning,  
 Hemorrhoids, Wounds,  
 Ulcers, French-Pox.

Holly, Holm, or Hulver-bush.

FOR to describe a Tree so well known, is needless.

[Government and Virtues.] The tree is really Saturnine. The Berries  
 expel wind, and therefore are held to be profita-

ble in the Cholick. The Berries have a strong

acidity with them; for if you eat a dozen of them

the morning fasting when they are ripe and not

acid, they purge the body of gross and clammy

humour; but if you dry the berries, & beat them into

Expel Wind, Colick, Flegm,  
 Fluxes, Bloody Fluxes, stops  
 the Terms, Bones broken,  
 Members out of Joynt,  
 Witchcraft.

M

Powder



Powder, they bind the Body, and stop Fluxes, Bloody-Fluxes, and Terms in VVomen. The Bark of the Tree, and also the Leaves are cellent good, being used in Fomentations for broken Bones, and Members as are out of Joynt. *Pliny* saith, the Branches of the Tree defend Houses from Lightning, and Men from VVitchcraft.

### St. John's Wort.

**Descript.** **C**ommon St. John's VVort, shooteth forth brownish, upright, round Stalks, two foot high, spreading many Branches from sides up to the tops of them, with two small Leaves set one against another at every place, which are of a deep green Colour somewhat like the Leaves of the lesser Catury, but narrower, and full of small holes in every Leaf, which cannot be perceived, as when they are held up to the light. At the tops of the Stalks Branches stand yellow Flowers made of five Leaves apiece, with many yellow Threads in the middle, which being bruised, do yield a reddish Juice like Blood, after which come small round Heads, wherein is contained small blackish Seed smelling like Rue. The Root is hard and woody, with divers Strings and Fibres at it, and of a brownish Colour, which abideth in the Ground many Years, shooting anew every Spring Place.] This groweth in VVoods and Copfes, as well those that are dry, as open to the Sun.

**Time.]** They Flower about Midsummer, and in July, and their Seed is in the latter end of July or August.

**Government and Virtues.]** It is under the Cœlestial Sign *Leo*, and under the Dominion of the Sun. It may be, if you meet with a Papist that is Astrologer, he will tell you St. John made it over to him by a Letter of attorney, especially if withal he be a Lawyer also. St. John's Wort is a singular

Wounds, Bruises, Obstructions, Swelling, Spitting and Vomiting Blood, Venomous Beasts, Dysury, Choler, Agues, Sciatica, Falling sickness, Palsy.

Wound-herb, as any other whatsoever, either inward Wounds, Hurts, or Bruises, to be boiled in Wine and drunk, or prepared into Oyl or Oment, Bath or Lotion outwardly. It hath power to open Obstructions, to dissolve Swellings, close up the lips of Wounds, and to strengthen the parts that are weak and feeble. The Decoction

of the Herb and Flowers, but of the Seed especially, in Wine, be drunk, or the Seed made in a Powder, and drunk with the Juice of Knot-grass, helpeth all manner of Spitting and Vomiting of Blood, be it by any Vein broken inwardly by Bruises, Falls, or however. The Juice helpeth those that are Bitten or Stung by any Venomous Creature; and is good for those that are troubled with the Stone in the Kidneys; or that cannot make Water; and being applied, provoketh Womens Courses. Three drams of the Seed of St. John's Wort made into Powder, and drunk in a Rye Broth, doth gently expel Choler, or congealed Blood in the Stomach. The Decoction of the Leaves and Seeds being drunk somewhat warm before the fits of Agues, whether they be Tertians, or Quartans, doth abate the fits, and by often using, doth take them quite away. The Seed is much

commended being drunk for forty days together, to help the Sciatica, the Falling-sickness, and the Palsy.

Ivy.

It is well known to every Child almost to grow in Woods upon the Trees, and upon the Stone Walls of Churches, Houses, &c. and sometimes to grow alone of it self, tho' but seldom.

Time.] It flowreth not until July, and the Berries are not ripe till Christmas, that they have felt Winter-frosts.

Government and Virtues.] It is under the Dominion of Saturn. A Pugil of the Flowers, which may be about a dram (saith Dioscorides) drunk twice a day in red Vine, helpeth the Lask and Bloody-Flux. It is an Enemy to the Nerves and Sinews, being much taken inwardly, but very helpful unto them being outwardly applied. Pliny saith, That the yellow Berries are good against the Jaundice; and taken before one be set to drink hard, preserveth from Drunkennes, and helpeth those that spit Blood. And that the white Berries being taken inwardly, or applied outwardly, killeth the Worms in the Belly. The Berries are a singular

Flux, Bloody-Flux, Jaundice, spitting Blood, Worms, Drunkennes, Pestilence, Stone, Dysury, Terms provoked, Spleen, Stitch, Head-ach, Ulcers, Wounds, Burnings, Scaldings, salt Flegm, Rheum, sore Eyes.

Remedy to prevent the Plague, as also to free them from it that have got it, by drinking the Berries thereof made into Powder, for two or three days together. They being taken in Vine, do certainly help to break the Stone, provoke Urine and Womens Courfes. The fresh Leaves of Ivy, boiled in Vinegar, and applied warm to the Sides of those that are troubled with the Spleen, Ach, or Stitch in the Sides, doth give them much ease: The same applied with some Rose-water, and Oyl of Roses to the Temples and Forehead, easeth the Head-ach, tho' it be of long continuance. The fresh Leaves boiled in Vine, and old filthy Ulcers hard to be cured, washed therewith, doth wonderfully help to cleanse and heal them. It also quickly healeth green Wounds, as also it is effectual to heal all Burnings and Scaldings, and all kinds of Exulcerations coming thereby, or by salt Flegm or Humours in other parts of the Body. The Juice of the Berries or Leaves snuffed up into the Nose, purgeth the Head and Brain of thin Rheum that maketh Defluxions into the Eyes and Nose, and cureth the Ulcers and Stench therein; the same dropped into the Ears, helpeth the old and running Sores of them; those that are troubled with the Spleen shall find much ease by continual drinking out of a Cup made of Ivy, so as the drink may stand some small time therein before it be drunk. Cato saith, That Vine put into such a Cup will soak through it, by reason of the Antipathy that is between them.

There seems to be a very great Antipathy between Vine and Ivy; for any have got a Surfeit by drinking of Vine, his speediest Cure is to drink a draught of the same Vine, wherein a handful of Ivy-leaves being bruised have been boiled.

## Juniper-Bush.

**F**OR to give a Description of a Bush so commonly known, is needless Place.] They grow plentifully in divers Woods in Kent, upon *Wyny-Common* near Brentwood in Essex, upon *Finchly-Common* without Highgate hard by the *New-found Wells* near Dullage, upon a *Common* between *Micham* and *Croyden*, in the High-way near *Amersham* in Buckinghamshire, and many other places.

*Time.*] The Berries are not ripe the first year, but continue green two Summers and one VVinter before they are ripe; at which time they are of a black Colour, and therefore you shall always find upon the Bush green Berries; the Berries are ripe about the Fall of the Leaf.

*Goverment and Virtues.*] This admirable *Solar* Shrub is scarce to be paralleld for his Virtues.

*Counter-Poyson, Pestilence, Venomous Beasts, Urine provoketh, Dysury, Strangury, Dropsy, Terms provoketh, Mother-fits, Stomach, Wind expels, Colick, Cough, Shortness of breath, Consumption, Pains in the Belly, Ruptures, Cramp, Convulsions, Speedy Delivery to Women, Brain, Memory, Sight, Agues, Gout, Sciatica, Limbs strengtheneth, Scurvy, Fluxes stop, Piles, Worms, Itch, Scab, Leprosy, Stone, Appetite provoketh, Palsy, Falling-sickness.*

The Berries are hot in the third degree, and dry but in the first, being a most admirable Counter-poyson, and as great a Resister of the Pestilence as any grows; they are excellent good against the Bitings of Venomous Beasts, they provoke Urine exceedingly, and therefore are very available to Dysuries and Stranguries. It is so powerful a Remedy against the Dropsy, that the very Lye made of the Ashes of the Herb being drunk, Cures the Disease. It provokes the Terms, helps the Fits of the Mother, strengthens the Stomach exceedingly, and expels VVind. Indeed there is scarce a better Remedy for Wind in any part of the Body, or the Cholick, than the Chymical Oyl drawn from the Berries. Such Country People as know not how to draw the Chymical Oyl, may content themselves by eating ten or a dozen of the ripe Berries every Morning fasting, they are admirably good for the Cough, Shortness of Breath, and Consumption, Pains in the Belly, Ruptures, Cramps and Convulsions. They give safe and speedy De-

livery to Women with Child; they strengthen the Brain exceedingly, help the Memory, and fortify the Sight by strengthening the Optic Nerves. They are excellent good in all sorts of Agues, they help the Gout and Sciatica, and strengthen all the Limbs of the Body. The Ashes of the VVood is a special Remedy to such as have the Scurvy, to rub their Gums with. The Berries stay all Fluxes, help the Hemorrhoids or Piles, and kill VVorms in Children. A Lye made of the Ashes of the Wood, and the Body barked with it, cures the Itch, Scabs, and Leprosy. The Berries break the Stone, procure Appetite when it is lost, and are excellent good for Palsies and Falling-sickness.

## Kidney-wort, or Wall-Penny-royal, or Wall-Penny-wort

**Descript.]** *It hath many thick, flat, and round Leaves growing from the Root, every one having a long foot-stalk, fastned underneath, about the middle of it, and a little unevenly waved sometimes about the edges, of a pale green colour, and somewhat yellow on the upper side like a Sawcer; from among which rise one or more slender smooth hollow stalks half a foot high, with two or three small Leaves thereon, usually not round as those below, but somewhat long, and divided at the edges; The top are somewhat divided into long Branches, bearing a number of Flowers set round about a long long spike one above another, which at the bottom are like a little Bell, of a whitish green colour, after which come small Heads, containing very small brownish seed, which falling on the Ground, will plentifully spring up before Winter, if it have moisture. The Root is round, and most usually smooth, grayish without, and white within, having small fibres at the head of the Root, and bottom of the stalk.*

**Place.]** *It groweth very plentifully in many places of this Land, but especially in all the west parts thereof, upon stone and mud walls, upon Rocks also, and in stony places upon the Ground, at the bottom of old Trees, and sometimes on the bodies of them that are decayed and rotten.*

**Time.]** *It usually flowreth in the beginning of May, and the seed ripening quickly after, sheddeth it self: so that about the end of May, usually the Leaves and Stalks are withered, dry, and gone until September, that the Leaves spring up again, and so abide all Winter.*

**Government and Virtues.]** *Venus challengeth the Herb under Libra. The Juice or the distilled Water being drunk, is very effectual for all Inflammations and unnatural Heats, to cool a fainting hot Stomach, or a hot Liver, or the Bowels; The bruised Herb, or the place bathed with the Juice or distilled Water thereof, and outwardly applied, healeth Pimples, Redness, St. Anthony's fire, and other outward Heats and Inflammations. The said Juice or water helpeth much also to heal sore Kidneys, torn or fretted by the Stone, or exulcerated within, and easeth the pains; It also provoketh Urine, and is available for the Dropsie, and helpeth to break the Stone, cooling the inflamed parts, and other pains of the Bowels, and the Bloody-flux. It is singular good to cool the painful Piles, or Hemorrhoidal Veins, the Juice being used as a bath unto them, or made into an Ointment; It is no less effectual to give ease of pains to the hot Gout, the Sciatica, and the Inflammations and Swellings in the Cods; It helpeth the Kernels or Knots in the Neck or Throat, called the Kings-Evil; healeth Kibes and Chilblains if they be bathed with the Juice, or anointed with an Ointment made thereof, and some of the Skin of the Leaf laid upon them; It is also used in green Wounds to stay the blood, and to heal them quickly.*

*Inflammations, Pimples, Redness, St. Anthony's fire, Kidneys Hurt by the Stone, Dysury, Stont Bloody flux, Piles, Hemorrhoids, Gout, Sciatic Cods, Kings Evil, Kibes Chilblains.*



## Knapweed.

**Description.]** **T**HE common sort hereof hath many long, and somewhat broad dark green Leaves rising from the Root dented about the edges, and sometimes a little rent or torn on both sides in two or three places, and somewhat hairy withal, amongst which riseth a long round stalk, four or five feet high, divided into many branches; at the tops whereof stand great scaly green Heads, and from the middle of them thrust forth a number of dark purplish red thrums or threads, which after they are withered and past, there are found drun black seeds, lying in a great deal of Down, somewhat like unto a Thistle seed, but smaller; the Root is white, hard and woody, and divers fibres annexed thereunto, which perissheth not, but abideth with Leaves thereon all the Winter, shooting out fresh every Spring.

**Place.** It groweth in most Fields and Meadows, and about their Borders and Hedges, and in many waste Grounds also every where.

**Time.]** It usually flowereth in June and July, and the seed is ripe shortly after.

**Government and Virtues.]** Saturn challengeth the Herb for his own. This Knapweed helpeth to stay Fluxes, both of Blood at the Mouth or Nose, or other outward parts, and those Veins that are inwardly broken, or inward VVounds, as also the Fluxes of the Belly; It stayeth the Distillations of thin and sharp Humors from the Head, upon the Stomach and Lungs; It is good for those that are bruised by any Fall, Blows, or otherwise. It is very profitable

for those that are bursten and have a Rupture, by drinking the Decoction of the Herb and Roots in VVine, and applying the same outwardly to the Face. It is singular good in all running Sores, Cankrous and Fistulous, drying up the moisture, and healing them up gently, without sharpness; It doth the like to running Sores and Scabs of the Head, or other parts. It is of special use for the soreness of the Throat, swelling of the Uvula, and Jaws; and excellent good to stay the Bleeding, and heal up all green VVounds.

## Knot-Grass.

**I**T is generally so well known, that it needeth no Description.

**Place.]** It groweth in every County of this Land, by the High-way sides, and by Foot paths in Fields, as also by the sides of the old VValls.

**Time.]** It springeth up late in the Spring, and abideth until VVinter, when all the branches perissh.

**Government and Virtues.]** Saturn seems to me to own the Herb, and yet some hold the Sun; out of doubt 'tis Saturn. The Juice of the common kind of Knot grass is most effectual to stay bleeding at the Mouth, being drunk in steeld or red Wine; and the bleeding at the Nose, to be applied to the Forehead and Temples, or to be squirted up into the Nostrils. And

is effectual to cool and temper the heat of the blood and Stomach, and to stay any Flux of the blood and Humors, as Lasks, Bloody-Flux, Womens Courses, and Running of the Reins. It is singular good to provoke Urine, help the Stranguy, and allayeth the Heat that cometh thereby; and is powerful by Urine, to expel the Gravel or stone in the Kidneys and Bladder, a Dram of the powder of the Herb being taken in Wine for many days together: Being boiled in VVine and drunk, it is profitable to those that are stung or bitten by Venomous Creatures, and very effectual to stay all Defluxions of Rheumatick Humours upon the Stomach, and killeth VVorms in the Belly or Stomach, quencheth inward Pains that arise from the Heat, Sharpness and Corruption of Blood and Choler: The distilled Water hereof taken by it self, or with the Powder of the Herb or Seed, is very effectual to all the purposes aforesaid, and accounted as one of the most sovereign Remedies to cool all manner of Inflammations, breaking out through Heat, hot Swellings and Impossthumations, Gangrenes, and fistulous Cankers, or foul filthy Ulcers, being applied or put into them; but especially for all sorts of Ulcers and Sores happening in the Privy Parts of Men and VVomen. It helpeth all fresh and green Wounds, and speedily helpeth them. The Juice dropped into the Ears, cleanse them being foul, and have running matter in them.

It is very prevalent for the Premises; as also for Broken Joints and Ruptures.

Bleeding, Heat, Flux, Bloody-Flux, Courses stops, Dysury, Gravel, Venomous Beasts, Rheum, Worms, Heat, Choler, Inflammations, Impossthumes, Gangrenes, Fistula's Cankers, Ulcers, Wounds, Ears.

### Ladies-Mantle.

**Descript.]** It hath many Leaves rising from the Root, standing upon long hairy Foot-stalks, being almost round, but a little cut in on the edges, into eight or ten parts, more or less, making it seem like a Star, with so many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as if it were folded or plaited at first, and then crumpled in divers places, and a little hairy as the stalk is also, which riseth up among them to the height of two or three foot, with such like Leaves thereon, but smaller, and being weak, is not able to stand upright, but bendeth down to the ground, divided at the top into two or three small branches, with small yellowish green Heads, and Flowers of a whitish colour breaking out of them; which being past, there cometh small yellowish seed like Poppy-seed: The Root is somewhat long and black, with many strings and fibres thereat.

**Place.]** It groweth Naturally in many Pastures and Wood-sides in Hertfordshire, Wiltshire, and Kent, and other places of this Land.

**Time.]** It flowereth in May and June, abideth after Seed-time green all the VVinter.

Government and Virtues ]

*Inflammations, Bleeding,  
Vomiting, Fluxes, Bruises,  
Ruptures, flaggings Breasts,  
Barrenness, Women with  
Child.*

outwardly applied; the distilled VWater drunk for twenty days together helpeth Conception, and to retain the birth; if the woman do sometimes also sit in a bath made of the Decoction of the Herb. It is one of the most singular VVound-Herbs that is, and therefore highly prized and praised by the *Germans*, who use in all wounds inward and outward, to drink the Decoction thereof, and wash the wounds therewith, or dip Tents therein, and put them into the wounds, which wonderfully dryeth up all humours of the sores, and abateth Inflammations therein; It quickly healeth all green wounds, not suffering any corruption to remain behind, and cureth all old Sores, though fistulous and hollow.

### Lavender.

**B**Eing an Inhabitant in almost every Garden, it is so well known, that it needeth no Description.

*Time.*] It flowreth about the end of *June*, and beginning of *July*.

Government and Virtues ]

*Head, Brains, Apoplexy,  
Falling-sickness, Lethargy,  
Cramps, Convulsions, Palsie both dead and shaking,  
Stomach, Liver, Spleen,  
Terns provokes, Cholick,  
Vertigo, loss of Voice,  
Trembling, Fainting.*

*Mercury* owns the Herb, and it carries his effect very potently. *Lavender* is of special good use for all the Grievs and Pains of the Head and Brains that proceed of a cold cause, as the Apoplexy, Falling-sickness, the drowsie, or sluggish Malady, Cramps, Convulsions, Palsies, and often Faintings. It strengtheneth the Stomach, and freeth the Liver and Spleen from Obstructions, provoketh womens Courses, and expelleth the dead Child and After-birth. The Flowers of *Lavender* steeped in wine, helpeth them to make

water that are stopped, or are troubled with the Wind or Cholick, if the places be bathed therewith. A Decoction made with the Flowers of *Lavender*, *Hort-hound*, *Fennel*, and *Asparagus* roots, and a little *Cinamon*, is very profitably used to help the Falling-sickness, and the giddiness or turning of the Brain; to gargle the Mouth with the Decoction thereof, is good against the Tooth-ach. Two Spoonfuls of the distilled water of the Flowers taken, helpeth them that have lost their voice; as also the trembling and Passions of the Heart, and Faintings and Swoonings, not only being drunk, but applied to the Temples or Nostrils to be smelt unto; but it is not safe to use it where the Body is repleat with Blood and Humours, because of the hot and subtle Spirits wherewith it is possessed. The Chymical Oil drawn from *Lavender*, usually called *Oil of Spike*, is of so fierce and piercing

Spirits

its, that it is cautiously to be used, some few drops being sufficient to be given with other things, either for inward or outward Griefs.

Lavender-Cotton.

being a common Garden Herb, I shall forbear the Description, only take notice that it flowreth in June and July.

*Government and Virtues.*] It is under the Dominion of Mercury. It resisteth Poyson, Putrefaction, and helps the Bittings

Venomous Beasts: A dram of the Powder of dried Leaves taken every Morning fasting in convenient Vehicle, stops the Running of the

in men, and whites in women. The seed beaten into Powder, and taken as worm-  
*Poyson, Putrefaction, Venomous Beasts, Running of the Reins, Whites in Women, Worms, Scabs, Itch.*

ed, it kills the Worms, not only in Children, but also in People of riper

ars; the like doth the Herb it self being boyled in Milk, and the Milk drunk; the Body bathed with the Decoction of it, helps Scabs and Itch.

Ladies-Smocks, or Cuckoo-Flowers.

*Script.*] THE Root is composed of many small white threds, from whence spring up divers long stalks of winged Leaves, consisting of man-

round tender dark green Leaves set one against another upon a middle Rib, the

stiff being at the end, amongst which rise up divers tender, weak, round, green

leaves somewhat streaked, with longer and smaller Leaves upon them; on the tops

which stand Flowers almost like the Stock-Gilliflowers, but rounder and not so

of a blushing white colour; The seed is reddish, and groweth in small Pouches,

of a sharp biting taste, and so hath the Herb.

*Place.*] They grow in moist places, and near to Brook-sides.

*Time.*] They flower in April or May, and the lower Leaves continue green all the Winter.

*Government and Virtues.*] They are under the Dominion of the Moon, and are

very little inferior to Water-Cresses in all their

operations; They are excellent good for the

Scourvy; they provoke Urine, and break the Stone,

and excellently warm a cold and weak Stomach,

alleviating lost Appetite, and helpeth Digestion.

Lettuce.

It is well known, being generally used as a Sallet Herb, that it is altogether needless to write any Description thereof.

*Government and Virtues.*] The Moon owns them, and that's the Reason: they

cool and moisten what heat and dryness Mars causeth, because Mars

with his fall in Cancer, and they cool the Heart, because the Sun rules it, be-

ween whom and the Moon is a Reception in the Generation of Man, as you may see in my Guide for Women. The Juice of Lettuce mixed or boyled with



*Watching, Head-ach, Indigestion, Thirst, Milk increaseth, Choler, Bowels, Lust, Venereous Dreams, Inflammation, Heat of Urine.*

with Oyl of Roses, and applied to the Forehead and Temples, procureth Sleep, and easeth Head-ach proceeding of an hot cause: being ten boyled, it helpeth to loosen the Belly. It helpeth Digestion, quenqueth Thirst, encreaseth Milk in Nurser, easeth griping pains of the Stomach and Bowels, that come of Choler. It abateth bold

Lust, represseth Venereous Dreams, being outwardly applied to the Groin with a little Camphire: Applied in the same manner to the Region of the Heart, Liver, or Reins, or by bathing the said places with the Juice of distilled Water, wherein some white Sanders, or red Roses are put also, not only represseth the Heat and Inflammations therein, but comforts and strengthens those parts, and also tempereth the heat of Urine. Galen adviseth old Men to use it with Spices; and where Spices are wanting, to add Mints, Rochet, and such like Hot Herbs, or else Citron, Lemon, or Orange seeds, to abate the cold of one, and heat of the other. The Seed in distilled Water of the Lettuce work the like effects in all things: but the use of Lettuce is chiefly forbidden to those that are short-winded, or have any Imperfection in their Lungs, or spit Blood.

### Water-Lilly.

**O**F these there are two principally noted kinds, viz. The white and the yellow.

**Descript.]** The white Lilly hath very large and thick dark green Leaves lying on the Water, sustained by long and thick Foot-stalks, that rise from a great, thick, round and long tubercous black Root, spungy, or loose, with many knobs thereon like Eyes, and whitish within, from amidst the which rise also the like thick and great stalks, sustaining one large great Flower thereon, growing on the outside, but as white as snow within, consisting of divers rows of leaves and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, encompassing a head with many yellow threads or thrums in the middle where after they are past, stand round Peppy-like heads, full of broad, oily, and bitter seed.

The yellow kind is a little different from the former, save only it hath fewer Leaves on the Flowers, greater and more shining Seed, and a whitish Root, both within and without: The Roots of both being somewhat sweet in taste.

**Place.]** They are found growing in great Pools and standing Waters, and sometimes in slow running Rivers, and lesser Ditches of Water, in several dry places of this Land.

**Time.]** They flower most commonly about the end of May, and the Seed is ripe in August.

**Goverment and Virtues.]** The Herb is under the Dominion of the Moon, and therefore cools and moistens like the former. The Leaves and Flowers of the Water-Lillies are cold and moist, but the Roots and Seed is cold & dry: The Leaves do cure all Inflammations, and both outward and inward

*Inflammations, Agues.*

of Agues, and so doth the Flowers also, either by the Syrup or Confection: The Syrup helpeth much to procure rest, and to settle the Brains of Antick Persons, by cooling the hot distemperature of the Head. The Seed as well as the Flower is effectual to stay Fluxes of Blood or Humours, either of Wounds, or of the Belly: but the Flowers are most used, some chusing the one, and some the other, to be more effectual to cool, bind, and restrain all Fluxes in Man or Woman, as also the Running of the Whites; and the passing away of the Seed when one is asleep; but the frequent use hereof extinguisheth Venereous Actions; The Root is likewise very good for those whose Urine is hot and sharp, to be boyled in Wine or Water, and the Decoction drunk. The distilled Water of the Flowers is very effectual for all the Diseases aforesaid, both inwardly taken, and outwardly applied; and is much commended to take away Freckles, Spots, Sunburn, and Morpew from the Face, or other parts of the Body. The Oyl made of the Flowers, as Oyl of Roses is made, is profitably used to cure hot Tumours, and the Inflammations of Ulcers and Wounds, and to ease the Pains, and help the Sores.

*Watching, Frenzy, Flux, Belly, Running of the Reins, Venery, Freckles, Spots, Sunburn, Morpew.*

### Lilly of the Valley.

Called also Conval-Lilly, May-Lilly, and Lilly Consancy.

[*Descript.*] The Root is small, and creepeth far in the Ground, as Grasses do: the Leaves are many, amongst which ariseth up a stalk half a foot high, with many white Flowers like little Bells, with turned edges, of a strong, though pleasing smell; the Berries are red, not much unlike those of Sparagus.

[*Place.*] They grow plentifully upon Hampstead-Heath, and many other places in this Nation.

[*Time.*] They flower in May, and the Seed is ripe in September.

[*Temperature and Virtues.*] It is under the Dominion of Mercury, and therefore there is no question to be made but it

strengthens the Brain, recruits a weak Memory, and makes it strong again: The distilled Water dropped into the Eyes, helps Inflammations there, and also that Infirmary which they call a Pin and web; The Spirit of the Flowers distilled in Wine, cureth lost Speech, helps the Palsie, and is exceeding good in the Apoplexy, comforteth the Heart and Vital Spirits.

*Brain, Memory, Inflammations in the Eyes, Pin and Web, lost Speech, Palsie, Apoplexy, Heart, Vital, Spirits, Gout.*

ward saith, That the Flowers being close stopped up in a Glass put into a Ant-hill, and taken away again a Month after, you shall find a Liquor in the Glass; which being outwardly applied, helps the Gout.

### White Lillies.

I were in vain to describe a Plant so commonly known in every ones Garden, therefore I shall not tell you what they are, but what they are good for.

*Government and Virtues.*] They are under the Dominion of the Moon and by Antipathy to Mars, expel Poyson; they are excellent good in Pueril Fevers; the Roots being bruised and boyled in Wine, and the

Poyson, Pestilential Fevers, Venom, Dropfie, Scald Heads, unites Sinews, Ulcers, After-birth, Plague-sores, Swellings in the Privities, Burnings, Scaldings, Hair restoreth.

boyled in any convenient Decoction, gives speedy Delivery to Women in Travel, and expels the After-birth: The Root roasted and mixed with little Hogs-grease, makes a gallant Pultis to ripen and break Plague-sores. The Ointment is excellent good for Swellings in the Privities, and to Cure Burnings and Scaldings, without a Scar, and trimly deck a bald place with Hair.

### Liquorish.

*Descript.*] OUR English Liquorish riseth up with divers woody stalks whereon are set at several distances many narrow, long, green Leaves, set together on both sides of the stalks, and an odd one at the end, well resembling a young Ash-tree sprung up from the seed: This by many years continuance in a place without removing, and not else, will bring forth many standing together spike-fashion one above another upon the stalk, of the shape of Pease-blossoms, but of a very pale blew colour, which turn into long, somewhat flat and smooth Cods, wherein is contained small, round, hard seed; The Root running down exceeding deep into the Ground with divers other small Roots and Fibres growing with them, and shoot out Suckers from the main Roots all about, where it is much increased, of a brownish colour on the out-side, and yellow within.

*Place.*] It is Planted in Fields and Gardens in divers places of this Land and thereof good Profit is made.

*Government and Virtues.*] It is under the Dominion of Mercury. Liquorish boyled in fair Water with some Maiden-hair or Figs, maketh a good Drink for those that have a dry Cough or Hoarseness, Wheezing, shortness of Breath, and for all the griefs of the Breasts, Lungs, Pelfick or Consumptions caused by the Distillation of Salt Humors on them. It is also good in all pains of the Reins, the Strangury and heat of Urine; The Powder of Liquorish blown through a Quill into the Eyes that have a Membrane and Web (as they call it) or Rheumatick Distillations into them, cleanseth and help them; The Juice of Liquorish is as effectual in all the diseases of the Breast and Lungs, the Reins and the Bladder, as the Decoction. The Juice dissolved in Rose-water, with some Gum Tragacanth, is a licking Medicine for Hoarseness, Wheezing, &c.

## Liver wort.

*Script.*] **C**ommon Liver-wort groweth close, and spreadeth much upon the Ground in moist and shady places, with many small green Leaves, rather (as it were) sticking flat one to another, very unevenly cut in on the sides, and crumpled, from among which arise small slender stalks an inch or two high at most, bearing small Star-like Flowers at the tops; The Roots are very fine and small.

*Government and Virtues*] It is under the Command of Jupiter, and under the Sign Cancer. It is a singular good Herb for all the Diseases of the Liver, to cool and cleanse it, and helpeth the Inflammations in any part, and the Yellow Jaundice likewise; being bruised and boyled in small Beer, and drunk, it cooleth the Heat of the Liver and Kidneys, and helpeth the Running of the Reins in Men, and the Whites in Women; It is a singular Remedy to stay the spreading of Tetters, Ring-worms, and other fretting and running Sores and Scabs, and is an excellent Remedy for such whose Livers are corrupted by Surfeits, which causeth their Bodies to break out, for it fortifies the Liver exceedingly, and makes it impregnable.

*Liver, Inflammation, Yellow Jaundice, Spleen, Running of the Reins, Whites, Tetters, Ring-worms, Surfeits.*

## Loose-strife, or Willow-Herb.

*Script.*] **C**ommon yellow Loose-strife groweth to be four or five foot high or more, with great round stalks a little crested, diversly branched from the middle of them, to the tops, into great and long Branches, on all which the Joynts there grow long and narrow Leaves, but broader below, and usually at a Joynt, yet sometimes three or four somewhat like Willow-Leaves, smooth on the edges, and of a fair green colour from the upper Joynts of the Branches, and the tops of them also stand many yellow Flowers of five Leaves apiece, with divers small threads in the middle, which turn into small round heads, containing small round seeds; The Root creepeth under Ground, almost like Couch-grass, but without water, and shooteth up every Spring brownish heads, which afterwards grow up into stalks; it hath no scent nor taste, but only astringent.

*Place*] It groweth in many places of this Land in moist Meadows, and Water-sides.

*Time*] It flowreth from June to August.

*Government and Virtues.*] This Herb is good for all manner of Bleeding, Mouth or Nose, or VVounds, and all Fluxes of the Belly, and the body-Flux, given either to drink, or taken by

after; it stayeth also the abundance of VVomits Courses; It is a singular good VVound-Remedy for green VVounds to stay the Bleeding, and quickly close together the Lips of the

Wound, if the Herb be bruised, and the Juice only applied; It is often used in Gargles for Sore Mouths, as also for the Secret Parts: The Smoak hereof

*Bleeding, Flux, Bloody-flux, Terms stops, Wounds, Sore Mouth, Privities, Gnats.*



hereof being burned, driveth away Flies and Gnats, which use in Night-time to molest People inhabiting near Marshes, and in the Fe Countries.

*Loose-strife, with spiked heads of Flowers.*

**Description.]** **T**His groweth with many woody square stalks, full of about three foot high at least, at every one whereof two long Leaves, shorter, narrower, and of a larger green colour than the former, and some brownish. The stalks are branched into many long Stems of spiked heads, half a foot long, growing in bundles one above another, out of small Heads very like the spik'd heads of Lavender, each of which Flowers have five pointed Leaves of a purple violet colour, or somewhat inclining to red, which Husks stand small round Heads after the Flowers are fallen, where contained small Seed. The Root creepeth under Ground like unto the yellow, is greater than it; and so are the Heads of the Leaves when they first appear of the Ground, and more brown than the other.

**Place.]** It groweth usually by Rivers, and Ditch-sides in wet Ground as about the Ditches at and near Lambeth; and in many other places of this Land.

**Time.]** It flowereth in the Months of June and July.

**Government and Virtues.]** The Herb is an Herb of the Moon, and under the Sign Cancer; neither do I know a better preserver of the Sight 'tis well; nor a better Cure of Sore Eyes, than *Eye-bright* taken inwardly and this used outwardly; 'tis cold in quality. This Herb is no inferior unto the former, it having not only all the Virtues which the former hath, but some peculiar Virtues of its own, found out by Experience as namely, the distilled Water is a present Remedy for Hurts and Blows

*Eyes, Blindness, Wounds, Ulcers, Inflammations, Quinsie, Kings-Evil, Spots, Marks, Scars.* the Eyes, and for Blindness, so as the Chrysalis Humor be not perished or hurt; and this has been sufficiently proved true by the experience of a Man of Judgment, who kept it long to himself as a great secret; It also cleareth the Eyes of Dust, or any other thing gotten into the

and preserveth the Sight. It is also very much available against Wounds and Thrusts, being made into an Ointment on this manner; To Ounce of the Water, add two Drams of May-butter without Salt, and of Saffron and Wax, of each as much also, let them boyl gently all together: Let Tents be dipped in the Liquor that remaineth after it is cold, be put into the Wound and the place covered with a Linnen Cloth doubled, and anointed with Ointment; and this is also an approved Medicine. It likewise cleanseth and healeth all foul Ulcers and Sores whatsoever, and stayeth their Inflammations by washing them with the Water, and laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This Water gargled warm in the Mouth, and sometimes drunk also, doth cure the Quinsie, or Kings-Evil in the Throat. The said Water applied warm, taketh away all Spots, Marks and Scabs in the Skin; And a little of it doth quencheth Thirst when its extraordinary.

## Lovage.

**Script.]** It hath many long and great stalks, of large winged Leaves divided into many parts, like Smallage, but much larger and greater, every Leaf being cut about the edges, broadest forward, and smallest at the stalk, of a green colour, smooth and shining, from among which rise up sundry strong, green Stalks, five or six foot, yea sometimes seven or eight foot high, full of tiny Synts, but lesser Leaves set on them than grow below; and with them toward the tops come forth long branches, bearing at their tops large umbles of yellow flowers; and after them flat brownish Seed. The Root groweth thick, great and spreading much, and enduring long, of a brownish colour on the outside, and whitish within. The whole Plant, and every part of it smelleth strong and Aromatically, and is of an hot, sharp, biting taste.

**Place.]** It is usually Planted in Gardens, where, if it be suffered, it groweth huge and great.

**Time.]** It flowereth in the end of July, and feedeth in August.

**Government and Virtues.]** It is an Herb of the Sun, under the Sign Taurus. If Saturn offend the Throat (as he always do, if he be occasioner of the Malady, and in Taurus is the Genesis) this is your Cure. It openeth, breaketh and digesteth Humors, and mightily pro-

eth Womens Courses and Urine. Half a Dram of the dried Root in Powder taken in Wine, doth wonderfully warm a cold Stomach, helpeth Digestion, and consumeth all raw and superfluous Moisture therein; easeth all inward Grievings and Pains, dissolveth Wind, and resisteth Poyson and Infection; it is a known and much valued Remedy to drink the Decoction of the

Humours, Terms provokes, Dysury, Cold Stomach, Indigestion, Wind, Poyson, Epidemical Diseases, Agues, Belly-ake, Quinzie, Plurisie, Spots, Freckles, &c.

Herb for any sort of Ague, and to help the pains and torments of the Body and Bowels coming of Cold. The seed is effectual to all the purposes before said (except the last) and worketh more powerfully. The distilled Water of the Herb, helpeth the Quinzie in the Throat, if the Mouth and Throat be gargled and washed therewith, and helpeth the Pleurisie, being drunk three or four times. Being dropped into the Eyes, it taketh away redness or dimness of them; It likewise taketh away Spots or Freckles of the Face. The Leaves bruised and fryed with a little Hogs Lard, laid hot to any Botch or Boil, will quickly break it.

## Lungwort.

**Script.]** This is a kind of Moss that groweth on sundry sorts of Trees, especially Oaks and Beeches, with broad, grayish tough Leaves, mostly folded, crumpled and gashed in on the edges, and sometimes spotted also, with many small spots on the upper-side; it was never seen to bear any stalk or flower at any time.

**Government and Virtues.]** Jupiter seems to own this Herb. This is of great use with many Physitians to help the Diseases of the Lungs, and for Coughs

*Lungs, Coughs, Wheezing, shortness of Breath, Ulcers in the Privities and elsewhere.*

Coughs, VVheezings, and shortness of Breath which it cureth both in Man and Beast; it is very profitable put into Lotions that are taken to stay the moist Humours that flow to Ulcers and hinder their healing, as also to wash all other Ulcers in the Privy Parts of a Man or VVoman.

It is an excellent Remedy boyled in Beer for broken-winded Horses.

### Madder.

**Descript.]** **G**arden Madder shooteth forth many very long, weak, foursquare reddish stalks, trailing on the Ground a great way, very rough or hairy, and full of Joints; at every of those Joints come forth divers long, narrow Leaves, standing like a Star about the stalks, rough also and hairy, towards the tops whereof come forth many small pale yellow Flowers; after which come small round beads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the seed. The Root is not very great, but exceeding long, running down half a Man's length into the Ground, red and very hard while it is fresh, spreading divers ways.

**Place.]** It is only Manured in Gardens, or larger Fields, for the purpose that is made thereof.

**Time.]** It flowreth towards the end of Summer, and the seed is ripe quickly after.

**Government and Virtues.]** It is an Herb of Mars. It hath an opening quality, and afterwards to bind and strengthen. It is an Assured Remedy for the Yellow-Jaundice by opening the Obstructions of the Liver and Gall, and cleansing those parts; It openeth also the Obstructions of the Spleen, and diminisheth the Melancholy Humour; It is available for the Palsie and Sciatica, and effectual for Bruises inward or outward, and is therefore much used in Vulnerary Drinks. The Root for all those aforesaid purposes, is to be boyled in Wine or Water, as the cause requires, and some Honey and Sugar put thereunto afterwards. The seed here taken with Vinegar and Honey, helpeth the swelling and hardness of the Spleen. The Decoction of the Leaves and Branches, is a good Fomentation for Women to sit over that have not their Courses. The Leaves and Root beaten and applied to any part that is discoloured with Freckles, Morphea, the white Scurf, or any such Deformity of the Skin, cleanseth the skin thoroughly, and taketh them away.

### Maiden-Hair.

**Descript.]** **O**UR common Maiden-Hair, doth grow from a number of hard Fibres, send forth a great many blackish, shining, brittle stalks hardly a span long; in many not half so long; on each side set very thick with small round, dark green Leaves, and spotted on the back of them like other Fern.

place.] It groweth much upon old Stone-walls in the West parts, and Walls in Kent, and divers other places of this Land; it joyeth likewise to grow by Springs, Wells, and rocky, moist and shadowy Places; and is always green.

Wall-Rew, or ordinary White Maiden-Hair.

Descript.] **T**his hath very fine, pale, green Stalks, almost as fine as Hairs, set confusedly with divers pale green Leaves on very short Foot-stalks, somewhat near unto the Colour of Garden-Rew, and not much differing in Form, but more diversly cut in on the Edges, and thicker, smooth on the upper part, and spotted finely underneath.

Place.] It groweth in many places of this Land, at Dartford, and the Bridge at Ashford in Kent; at Beaconsfield in Buckinghamshire; at Wolly in Huntingdonshire, on Frammingham-Castle in Suffolk, on the Church-walls at Mayfield in Sussex, in Sommerfetshire, and divers other places of this Land, and is green in Winter as well as in Summer.

Government and Vertues.] Both this and the former are under the Domination of Mercury, and so is that also which follows after; and the Vertues of both these are so near alike, that tho' I have described them and their places of growing severally, yet I shall in writing the Vertues of them, join them both together, as followeth.

The Decoction of the Herb Maiden-Hair, being drunk, helpeth those that are trouble with the Cough, Shortness of Breath, the Yellow Jaundice, Diseases of the Spleen, stopping of Urine, and helpeth exceedingly to break the Stone in the Kidneys (in all which Diseases the Wall-Rew is also very effectual.) It provoketh Womens Courses, and stayeth both Bleedings and Fluxes of the Stomach and Belly, especially when the Herb is dry; for being green, it loosneth

Coughs, shortness of Breath, the yellow Jaundice, Spleen Dysury, Stone, Terms provoked, Bleedings, Fluxes, Lungs, Swellings, Ulcers, Scurf, Sores, Baldness.

the Belly, and avoideth Choler and Flegm from the Stomach and Liver; it cleanseth the Lungs, and by rectifying the Blood, causeth a good Colour to the whole Body. The Herb boiled in Oil of Camomel, dissolveth Knots, allayeth Swellings, and drieth up moist Ulcers. The Lye made thereof, is singular good to cleanse the Head from Scurf, and from dry and running Sores; staying the falling or shedding of the Hair, and causeth it to grow thick, fair, and well-coloured; for which purpose some boil it in Wine, putting some Smallage-seed hereto, and afterwards some Oil. The Wall-Rew is as effectual as Maiden-Hair, in all Diseases of the Head, and falling or recovering of the Hair again, and generally for all the afore-mentioned Diseases. And besides, the Powder of it taken in Drink for forty days together, helpeth the Burstings in Children.

Golden Maiden-Hair.

**T**O the two former give me leave to add this, and I shall do no more, but only describe it unto you; and for the Vertues refer you to the former, with whatsoever is said of them, may also be said of this.



*Lungs, Coughs, Wheezing, shortness of Breath, Ulcers in the Privities and elsewhere.*

Coughs, Wheezings, and shortness of Breath, which it cureth both in Man and Beast, is very profitable put into Lotions that are to stay the moist Humours that flow to Ulcers, and hinder their healing, as also to wash all Ulcers in the Privy Parts of a Man or Woman.

It is an excellent Remedy boyled in Beer for broken-winded Horsem.

### Madder

**Descript.]** **G**arden Madder shooteth forth many very long, weak, four or reddish stalks, trailing on the Ground in that way, very hairy, and full of Joints; at every of those Joints come forth divers long, narrow Leaves, standing like a Star about the stalks, rough also and barbed at the tops whereof come forth many small pale yellow Flowers; after come small round heads, green at first, and reddish afterwards, but black they are ripe, wherein is contained the seed. The Root is not very great, exceeding long running down half a Man's length into the Ground, red and very white it is fresh, spreading divers ways.

**Place.]** It is only Manured in Gardens, or larger Fields, for the use that is made thereof.

**Time.]** It flowreth towards the end of Summer, and the seed cometh quickly after.

**Government and Virtues.]** It is an Herb of Mars. It hath an oil quality, and afterwards to bitter and green. It is an Assured Remedy for the Yellow Jaundice by opening the Obstructions of the Liver, Gall, and cleansing those parts; It opens the Obstructions of the Spleen, and diminishes the Melancholy Humour; It is available for the Paine and Sciatica, and effectual for the same inward or outward, and is therefore used in Vulnerary Drinks. The Root for all those said purposes, is to be boyled in Wine or Water, as the cause requires, and some Honey and Sugar put thereunto afterwards. The seed taken with Vinegar and Honey, helpeth the swelling and hardness of the Spleen. The Decoction of the Leaves and Branches, is a good Poment for Women to sit over that have not their Courses. The Leaves and Branches beaten and applied to any part that is discoloured with Freckles, Morpew, the white Scurf, or any such Deformity of the Skin, cleanseth it thoroughly, and taketh them away.

### Maiden-Hair.

**Descript.]** **O**UR common Maiden-Hair, which cometh from a number of hard Fibres, send forth a great many blackish, shining, brittle, hardly a span long; in many not half so long; on each side set very thick with round, dark green Leaves, and spotted on the back of them like other Ferns.

*Place.]* It groweth much upon old Stone-walls in the West parts, and Walls in Kent, and divers other places of this Land; it joyeth likewise grow by Springs, Wells, and rocky, moist and shadowy Places; and always green.

Wall-Rew, or ordinary White Maiden-Hair.

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*Place.]* It groweth in many places of this Land, at Dartford, and the Ridge at Ashford in Kent; at Beaconsfield in Buckinghamshire; at Wolly in Wiltshire, on Frammingham-Castle in Suffolk, on the Church-walls at Hove in Sussex, in Somersetshire, and divers other places of this Land, and is green in Winter as well as in Summer.

*Government and Vertues.]* Both this and the former are under the Dominion of Mercury, and so is that also which follows after; and the Vertues of both these are so near alike, that tho' I have described them and their places of growing severally, yet I shall in writing the Vertues of them, join them both together, as followeth.

The Decoction of the Herb Maiden-Hair, being drunk, helpeth those that are troubled with the Cough, Shortness of Breath, the Yellow Jaundice, Diseases of the Spleen, stoppage of Urine, and helpeth exceedingly to break the Stone in the Kidneys (in all which Diseases Wall-Rew is also very effectual.) It provoketh the Menstruall Courses, and stayeth both Bleedings and Fluxes of the Stomach and Belly, especially when the Herb is dry; for being green, it loosneth

Coughs, shortness of Breath, the yellow Jaundice, Spleen, Dysury, Stones, Terms provoked, Bleedings, Fluxes, Lungs, Swellings, Ulcers, Scurf, Sores, Baldness.

the Belly, and avoideth Choler and Flegm from the Stomach and Liver; cleanse the Lungs, and by rectifying the Blood, causeth a good Colour in the whole Body. The Herb boiled in Oil of Camomel, dissolveth Knots, stayeth Swellings, and drieth up moist Ulcers. The Lye made thereof, is singular good to cleanse the Head from Scurf, and from dry and running humors, staying the falling or shedding of the Hair, and causeth it to grow thick, fair, and well-coloured; for which purpose some boil it in Wihe, adding some Smallage-seed hereto, and afterwards some Oil. The Wall-Rew is as effectual as Maiden-Hair, in all Diseases of the Head, and falling out of the Hair again, and generally for all the afore-mentioned Diseases. And besides, the Powder of it taken in Drink for forty days together, helpeth the Burstings in Children.

Golden Maiden-Hair.

Of the two former give me leave to add this, and I shall do no more, but only describe it unto you; and for the Vertues refer you to the former, such whatsoever is said of them, may also be said of this.

N

Descript.]

**Descript.]** It hath many small, brownish red Hairs to make up the form of Leaves growing about the Ground from the Root; and in the middle of them in Summer, rise small Stalks of the same Colour, set with very fine, yellowish, green Hairs on them, and bearing a small gold, yellow Head, lesser than a Wheat Corn standing in a great Husk. The Root is very small and thready.

**Place.]** It groweth on Bogs and Morish-places, and also on dry shadowy Places, at Hampstead-Heath, and elsewhere.

### Mallows, and Marsh-Mallows.

**C**ommon-Mallows are generally so well known, that they need no Description.

Our common Marsh-Mallows have divers soft hoary white Stalks rising to three or four foot high, spreading forth many Branches, the Leaves whereof are soft and hairy, somewhat lesser than the other Mallow-leaves, but longer pointed cut (for the most part) into some few Divisions, but deep. The Flowers are many but smaller also than the other Mallows, and white, or tending to a blush Colour. After which come such like round Cases and Seeds as in the other Mallows. The Roots are many and long, shooting from one Head, of the bigness of a Thumb or Finger, very pliant, tough and being like Liquorish, of a whitish yellow Colour on the out-side, and more white within, full of a slimy Juice, which being laid in Water, will thicken it, as if it were Jelly.

**Place.]** The Common Mallows grow in every Country of this Land.

The Common Marsh-Mallows in most of the Salt Marshes from Widdowich, down to the Sea, both on the Kentish and Essex Shores, and in divers other places of this Land.

**Time.]** They flower all the Summer Months, even until the Winter do pull them down.

**Government and Vertues.]** Venus owns them both. The Leaves of either of the sorts before specified, and the Roots also boiled in Wine or Water,

in Broth with Parsly or Fennel Roots, doth help to open the Body, and is very convenient in Agues, or other Distempers of the Body, to apply the Leaves so boiled, warm to the Belly. It not only voideth hot, cholerick, and other offensive Humours, but easeth the Pains and Torments of the Belly coming thereby; and are therefore used in all Clusters conducing to those purposes. The same used by Nurses, procureth them store of Milk. The Decoction of the Seed of any of the Common Mallows, made in Milk or Wine, doth marvellously help Excoriations, the Ptsick, Plurisy, and other Diseases of the Chest, and Lungs that proceed of hot Causes, if it be continued working for some time together. The Leaves and

Root work the same Effects. They help much also in the Excoriations

The Guts and Bowels, and hardness of the Mother, and in all hot and sharp Diseases thereof. The Juice drunk in Wine, or the Decoction of them therein, doth help Women to a speedy and easie Delivery. *Pliny* saith, That whosoever shall take a Spoonful of any of the Mallows, shall that day be free from all Diseases that may come unto him; and that it is special good for the Falling-sickness. The Syrup also, and Conserve made of the Flowers, are very effectual for the same Diseases, and to open the Body being Costive. The Leaves bruised, and laid to the Eyes with a little Honey, take away the Impossthumations of them. The Leaves bruised or rubbed upon any place stung with Bees, Wasps, or the like, presently take away the Pains, Redness, and Swellings, that rise thereupon. And *Dioscorides* saith, The Decoction of the Roots and Leaves helpeth all sorts of Poyson, so as the Poyson be presently voided by Vomit. A Pultismade of the Leaves boiled and bruised, whereunto add some Bean or Barly-flower, and Oyl of Roses, is an especial Remedy against all hard Tumors and Inflammations, or Impossthumes, and Swellings of the Cods, and other Parts, and easeth the Pains of them; as also against the hardness of the Liver or Spleen, being applied to the places. The Juice of Mallows boiled in old Oyl and applied, taketh away all roughness of the Skin, as also the Scurf, Dandrif, or dry Scabs in the Head, or other Parts, if they be anointed therewith, or washed with the Decoction, and preserveth the Hair from falling off. It is also effectual against Scaldings, and Burnings, St. *Anthony's* Fire, and all other hot, red, and painful Swellings in any part of the Body. The Flowers boiled in Oyl or Water (as every one is disposed) whereunto a little Honey and Allum put, is an excellent Gargle to Wash, cleanse, and heal any sore Mouth, or Throat, in a short space. If the Feet be bathed or washed with the Decoction of the Leaves, Roots, and Flowers, it helpeth much the Defluxions of Rheum from the Head. If the Head be washed therewith, it stayeth the falling and shedding of the Hair. The green Leaves (saith *Pliny*) beaten with Nitre, and applied, draw out Thorns or Prickles in the Flesh.

The *Marsh-Mallows* are more effectual in all the Diseases before mentioned; The Leaves are likewise used to loosen the Belly gently, and in Decoctions or Clysters to ease all Pains of the Body, open-

ing the strait Passages, and making them slippery, whereby the Stone may descend the more easily, and without pain, out of the Reins, Kidneys, and Bladder, and to ease the torturing Pains thereof. But the Roots are of more special use for those purposes, as well for Coughs, Hoarsness, Shortness of Breath, and Wheezings, being boiled in Wine or Honied-water, and drunk. The Roots and Seeds hereof boiled in Wine or Water, are with good success used by them that have Excoriations in the Guts, or the Bloody Flux, by

Belly, Stone, Reins, Kidneys, Bladder, Coughs, Shortness of Breath, Wheezing, Excoriations of the Guts, Ruptures, Cramp, Convulsions, the Kings-Evil, Kernels, Chin-Cough, Wounds, Bruises, Falls, Blows, Muscles, Morpew, Sun-burning.



Ruptures, Cramps, or Convulsions of the Sinews; and boiled in White-wine for the Imposthumes of the Throat, commonly called the Kings-Evil and of those Kernels that rise behind the Ears, and Inflammations or Swellings in Womens Breasts. The dried Roots boiled in Milk and drunk, is special good for the Chin-Cough. *Hippocrates* used to give the Decoction of the Roots, or the Juice thereof, to drink to those that were wounded, and ready to faint through loss of Blood, and applied the same mixed with Honey and Rozin to the Wounds. As also the Roots boiled in Wine to those that have received any hurt by Bruises, Falls, or Blows, or had any Bone or Member out of Joint, or any Swelling-pain, or Ach in the Muscles, Sinews, or Arteries. The Mucilage of the Roots, and of *Linseed*, and of *Fenugreek* put together, is much used in Pultisses, Oyntments and Plaisters, to mollify and digest all hard Swellings, and the Inflammation of them, and to ease Pains in any part of the Body. The Seed either green or dry, mixed with Vinegar, cleanseth the Skin of the *Morpheus*, and all other discolourings, being bathed therewith in the Sun.

You may remember, that not long since there was a raging Disease, called the *Bloody-Flux*; the Colledge of Physicians not knowing what to make of it, called it, *The Plague in the Guts*, for their Wits were at *Nepesin* *ultra* about it. My Son was taken with the same Disease, and the Excoiation of his Bowels was exceeding great; my Self being in the Country, was sent for up; the only thing I gave him, was *Mallows* bruised and boiled both in his Milk and Drink, in two days (the Blessing of God being upon it) cured him. And I here, to shew my thankfulness to God in Communicating it to his Creature, leave it to Posterity.

### Maple-Tree.

**Government and Vertues** **I**T is under the Dominion of *Jupiter*. The Decoction either of the Leaves or Bark, must needs strengthen the Liver much, and so you shall find it do, if you use it. *Liverstrengthens, opens Obstructions of the Liver and Spleen, Pains in the Sides.* It is excellent good to open Obstructions both of the Liver and Spleen, and easeth Pains of the Sides thence proceeding.

### Wild-Marjerom.

**C**alled also *Origane*, *Origanum*, *Bastard-Marjerom*, *Wild-Marjerom*, and *Grove-Majerom*.

**Descript.]** Wild, or Field-Marjerom hath a Root which creepeth much under Ground, which continueth a long time, sending up sundry brownish, hard, square Stalks, with small dark green Leaves, very like those of Sweet-Marjerom, but harder, and somewhat broader; at the tops of the Stalks stand Tufts of Flowers, of a deep purplish red Colour. The Seed is small, and something blacker than that of Sweet-Marjerom.

**Place.]** It groweth plentifully in the Borders of Corn-fields, and in some Copies. [Time]

*Time.*] It flowreth toward the latter end of Summer.

*Government and Vertues.*] This also is under the Dominion of *Mercury*. It strengthens the Stomach and Head much, there being scarce a better Remedy growing for such as are troubled with slowre Humour in the Stomach; it restores Appetite being lost, helps the Cough, and Consumption of the Lungs, it cleanseth the Body of Choler, expelleth Poyson, and remedieth the infirmities of the Spleen, helps the bitings of Venomous Beasts, and helps such as have Poysoned themselves by eating Hemlock, Henbane, or Opium. It provoketh Urine, and the Terms in Women, helps the Dropsy, and the Scurvy, Scabs, Itch, and Yellow Jaundice. The Juice being dropped into the Ears, helps Deafness, Pain and Noise in the Ears. And thus much for this Herb, between which, and Adders, there is a deadly Antipathy.

*Stomach, Head, Humors, Appetite, Coughs, Consumption of the Lungs, Poyson, Choler, Spleen, Venomous Beasts, Poyson, Urine provoketh, Terms provokes, Dropsy, Scurvy, Scabs, Itch, Leprosy, Yellow Jaundice, Deafness, Noise and Pains in the Ears.*

### Sweet-Marjerom.

*Sweet-Marjerom* is so well known, being an Inhabitant in every Garden, that it is needless to write any Description thereof, neither of the *Water Sweet-Marjerom*, or *Pot-Marjerom*.

*Place.*] They grow commonly in Gardens; some sorts there are that grow Wild in the Borders of Corn-fields and Pastures, in sundry places of this Land; but it is not my purpose to insist upon them. The Garden kinds being most used, and useful.

*Time.*] They flower in the end of Summer.

*Government and Vertues.*] It is an Herb of *Mercury*, and under *Aries*, and therefore an excellent Remedy for the Brain, and other parts of the Body and Mind, under the Dominion of the same Planet. Our common *Sweet-Marjerom*, is warming and comfortable in cold Diseases of the Head, Stomach, Sinews, and other Parts taken inwardly, or outwardly applied. The Decoction thereof being drunk, helps all Diseases of the Chest, which hinder the easiness of Breathing, and is also profitable for the Obstructions of the Liver and Spleen. It helpeth the cold Grievs of the Womb, and the Windiness thereof, and the loss of Speech, by resolution of the Tongue. The Decoction thereof

*Head, Stomach, Breast, Obstructions, liver, Spleen, Womb, Wind, Dropsy, Belly-ake, Terms provokes, Marks of Blows, Noise, in the Ears, Joints, Sinews, Swellings, Sneezing, Flegm.*

made with some Pellitory of *Spain*, and long Pepper, or with a little *Acorus* or *Origanum*, being drunk, is good for those that are beginning to fall into Dropsy, for those that cannot make Water, and against Pains and Torments in the Belly; it provoketh Womens Courses, if it be put up as a telfary. Being made into Powder, and mixed with Honey, taketh away

the black marks of Blows and Bruises being thereunto applied. It is good for the Inflammation and Watering of the Eyes, being mixed with fine Flower, and laid unto them. The Juice dropped into the Ears, easeth the Pains and ringing Noise in them. It is profitably put into those Oyntments and Salves that are to warm and comfort the outward parts, as the Joints and Sinews; for Swellings also, and places out of Joint. The Powder thereof snuffed up into the Nose, provoketh Sneezing, and thereby purgeth the Brain; and chewed in the Mouth, draweth forth much Flegm. The Oyl made thereof is very warming and comfortable to the Joints that are stiff, and the Sinews that are hard, to mollifie and supplie them. *Marjerom* is much used in all Odoriferous Waters, Powders, or that are for ornament or delight.

### Marigolds.

**T**hese being so plentiful in every Garden, are so well known, that they need no Description.

*Time.*] They flower all the Summer long, and sometimes in Winter, if it be mild.

*Government and Vertues.*] It is an Herb of the Sun, and under *Leo*. They strengthen the Heart exceedingly, and are very expulsive, and little less effectual in the Small Pox and Measles than Saffron. The Juice of *Marigold-Leaves* mixed with Vinegar, and any Swelling bathed with it, instantly giveth ease, and asswageth it. The Flowers either green

dried, are much used in Possets, Broths, and Drinks, as a Comforter of the Heart and Spirits, and to expel any Malignant or Pestilential Quality which might annoy them. A Plaister made with the dry Flowers in Powder, Hogs-Grease, Turpentine, and Rozin, applied to the Breast, strengthens and succours the Heart infinitely in Fevers, whether Pestilential, or not Pestilential.

### Master-wort.

*Descript.*] **C**ommon Master-wort hath divers Stalks of winged Leaves divided into sundry parts, three for the most part standing together at small Foot-stalk on both sides of the greater, and three likewise at the end of the Stalk, somewhat broad and cut in on the Edges, into three or more Divisions, of them dented about the Brims, of a dark green Colour, somewhat resembling the Leaves of Angelica, but that these grow lower to the Ground, and on lesser Stalks among which rise up two or three short Stalks, about two foot high, and send forth such like Leaves at the Joynts as grow below, but with lesser and fewer Divisions, bearing Umbles of white Flowers, and after them small, thin, flat, black Seed, bigger than Dill-seeds. The Root is somewhat greater, and growing rather side-ways than down deep into the Ground, shooting forth sundry Heads, which taste sharp biting on the Tongue, and is the hottest and sharpest part of the Plant.

and the Seed next unto it being somewhat blackish on the out-side, and smelling well. Place.] It is usually kept in Gardens with us in England. Time.] It flowereth and seedeth about the end of August. Government and Vertues.] It is an Herb of Mars. The Root of *Master-wort* is hotter than Pepper, and very available in all Cold Grievs and Diseases, both the Stomach and Body, dissolving very powerfully upward and downward. It is also used in a Decoction with Wine against all Cold Rheums, or Distillations upon the Lungs, Shortness of Breath, to be taken Morning and Evening. It also provoketh Urine, and helpeth to break the Stone, and expel the Gravel from the Kidneys; procureth Womens Courses, and expelleth the dead Birth. Is singular good for strangling of the Mother, and other such like Feminine Diseases. It is effectual also against the Dropsy, Cramps, and Falling-sickness, for the Decoction in Wine being gargled in the Mouth, draweth down much Water and Flegm from the Brain, purging and easing it of what oppresseth it. It is of a rare quality against all sorts of cold Poyson, to be taken as there is cause; it provoketh Sweat. But lest the taste hereof, or of the Seed (which worketh to the like effect, tho' not so powerfully) should be too offensive, the best way is to take the Water distilled both from the Herb and Root. The Juice hereof dropped, or Tents dipped therein and applied either to green Wounds, or filthy rotten Ulcers, and those that come by invenom'd Weapons, doth soon cleanse and heal them. The same is also very good to help the Gout coming of a Cold Cause.

Cold Grievs, Stomach, Cold Rheums, Urine, Stone, Gravel, Womens Courses, Dead Child, Mother, Dropsie, Cramps and Falling-sickness, Cold Poyson, Sweat, Green Wounds, Rotten Ulcers, Gout.

### Sweet-Maudlin.

Descript.] **C**ommon Maudlin hath somewhat long and narrow Leaves snip'd about the Edges. The Stalks are two foot high, bearing at the tops many yellow Flowers, set round together, and all of an equal height, in Umbles or Tufts like unto Tansy; after which followeth small whitish Seed, almost as big as Worm-seed. The whole Herb is sweet and bitter.

Place and Time.] It groweth in Gardens, and flowreth in June and July. Government and Vertues.] The Vertues hereof being the same with *Cosmary*, or *Alecost*, I shall not make any Repetition thereof, lest my Book grow too big; but rather refer you unto *Cosmary* for satisfaction.

### The Medler.

Descript.] **T**HE Tree groweth near the bigness of the Quince-Tree, spreading Branches reasonable large, with longer and narrower Leaves than the Apple or Quince, and not dented about the Edges. At the end of the Stems stand the Flowers made of five white, great, broad-pointed Leaves, nicked in the middle with some white Threads also; after which cometh the Fruit of a brownish



brownish green Colour being ripe, bearing a Crown as it were on the top, which were the five green Leaves; and being rubbed off, or fallen away, the head of the Fruit is seen to be somewhat hollow. The Fruit is very harsh before it is mellowed, and hath usually five hard Kernels with it.

There is another kind hereof nothing differing from the former, but that it hath some Thorns on it in several places, which the other hath not; and usually the Fruit is small, and not so pleasant.

*Time and Place.*] They grow in this Land, and Flower in May for the most part, and bear Fruit in September and October.

*Goverment and Vertues.*] The Fruit is old Saturn's, and sure a better Medicine he hardly hath to strengthen the retentive Faculty; therefore it stayeth Womens Longings; the good old Man cannot endure Womens Mischances, should run a gadding. Also a Plaister made of

*Miscarriages, fluxes, stayeth Womens Longings, hinders Miscarriage, Gargle, Womens Courses, Piles, loathing of Meat, or Casting, Bleeding, fresh Wounds, Stone in the Kidneys.*

the Fruit dried before they be rotten, and other convenient things, and applied to the Reins of the Back, stops Miscarriage in Women with Child. They are very powerful to stay any Fluxes of Blood or Humors in Man or Women; the Leaves also have the like quality. The Fruit eaten by Women with Child, stayeth their Longings after

unusual Meats, and is very effectual for them that are apt to Miscarry, and be Delivered before their Time, to help that Malady, and make them joyful Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat, and Teeth, when there is any Defluxion of Blood to stay it, or of Humors, which causeth the Pains and Swellings. It is a good Bath for Women to sit over that have their Courses flow too abundantly; or for the Piles when they bleed too much. If a Pultis or Plaister be made with dried Medlars, beaten and mixed with the Juice of Red Roses, whereunto a few Cloves and Nutmegs may be added, and a little red Coral also, and applied to the Stomach that is given to casting or loathing of Meat, it effectually helpeth. The dried Leaves in Powder strewed on fresh bleeding Wounds, restraineth the Blood, and healeth up the Wound quickly. The Medlar-stones made into Powder, and drunk in Wine wherein some Parsly-roots have lain infused all Night, or a little boiled, do break the Stone in the Kidneys, helping to expel it.

### Mellilot, or King's Claver.

*Descript.*] **T**His hath many green Stalks two or three foot high, rising from a rough long white Root, which dieth not every year, set round about at the Joints with small, and somewhat long, well-smelling Leaves, set three together, unevenly dented about the Edge. The Flowers are yellow and well-smelling also, made like other Trefoyls, but small, standing in long spikes one above another, for an hand breadth long, or better, which afterwards turn into long crooked Pods, wherein is contained flat Seed, somewhat brown.

It groweth plentifully in many places of this Land, as in the of Suffolk, and in Essex, as also in Huntingtongshire, and in other places, but most usually in Corn-fields, in corners of Meadows.

It flowreth in June and July, and is ripe quickly after.

perment and Vertues.] Mellilot boiled in wine, and applied, mollifieth all tumors and inflammations that happen in the eyes or other parts of the

as the Fundament, or privy parts of men or women; and sometimes the yolk of a roasted egg, the flower, or Poppy-feed, or Endive, is added to it. It helpeth the spreading Ulcers in the mouth, it being washed with a lye made thereof. It helpeth the pains of the stomach, being applied or boiled with any of the aforesaid things. It helpeth also the pains of the ears, being dropp'd in them; and steeped in Vinegar, Rose-water, mitigateth the head-ach. The flower of Mellilot

*Hard tumors and inflammations in the Eyes, or elsewhere, Ulcers in the Head, Stomach pained, Head-ach, Wind, Spleen, dimness of Sight, stupidity of Senses, strengthens Memory, Apoplexy.*

Camemel are much used to be put together in Clusters to expel wind, to ease pains; also into pultises for the same purpose, and to assuage swelling tumors in the spleen or other parts, and helpeth inflammations in any part of the body. The Juice dropped into the eyes, is a singular good means to take away any film or skin that cloudeth or dimmeth the sight. The head often washed with the distilled water of the herb and leaves, or a Lye made therewith, is effectual for those that have suddenly lost their Senses; as also to strengthen the Memory, to comfort the Head and Brains, and to preserve them from pains, and the Apoplexy.

### French and Dog's Mercury.

Script.] **T**His riseth up with a square green stalk full of joints, two foot high or thereabouts, with two leaves at every joint, and branches like- from both sides of the stalk set with fresh green leaves somewhat broad and long, the bigness of the leaves of Basil, finely dented about the edges; towards the ends of the stalks, and branches, come forth at every joint in the male Mercury, two round, green heads standing together upon a short foot-stalk, which growing are seeds, not having any flowers. In the female the stalk is longer, spike-fashion round about with small green husks, which are the flowers, made like small bunches of grapes which give no seed, but abide long upon the stalks without shedding. The root is composed of many small fibres, which perisheth every year at the first frost of Winter, and riseth again of its own sowing; and if once it is suffered to grow in it self, the ground will never want afterwards, even both sorts of it.

### Dog's Mercury.

Having described unto you that which is called French Mercury, I come now to shew you in a description this kind also.

Script.] This is likewise of two kinds, male and female, having many stalks, shorter and lower than Mercury, without any branches at all upon them, the root

is set with two Leaves at every Joynt, somewhat greater than the Female, more pointed and full of Veins, and somewhat harder in handling, of a green colour, and less dented or snip'd about the edges. At the Joynts with Leaves come forth longer stalks than the former, with two hairy round seeds them, twice as big as those of the former Mercury. The taste hereof is bitter and the smell somewhat strong and virulent. The Female hath much harder Leaves standing upon longer Foot-stalks, and the stalks are also longer: From the Female come forth spikes of Flowers, like the French Female Mercury. The Roots of them both are many, and full of small Fibres, which run under Ground, and mat themselves very much, not perishing as the former Mercuries do; but biding the Winter, and shoot forth new Branches every year, for the old down to the Ground.

**Place.]** The Male and Female French Mercury are found wild in divers places of the Land; as by a Village called Brookland in Rumney-Mare Kent.

The Dog's Mercury in sundry places of Kent also, and elsewhere: the Female more seldom than the Male.

**Time.]** They flower in the Summer months, and therein give their seed. **Government and Vertues.]** Mercury they say owns the Herb, but I rather think 'tis Venus, and am partly confident of it too; for I never read of Mercury ever minded Womens business so much. I believe he minds study more. The Decoction of the Leaves of Mercury, or the Juice thereof

Purgeth Cholerick Humours, Womens Sickness, Mother, Womens Courses, Strangury, Sore Eyes, Agues, Flegm, Rheums and Catarrhs, Melancholy Humours, Yellow Jaundice, Warts, Scabs, Tetters and Ring-worms, Swellings, Inflammations, Waterish and Melancholy Humours.

wards in White-wine.

The Decoction thereof made with Water of a Cock Chicken, is a most safe Medicine against the hot fits of Agues, also cleanseth the breast and lungs of Flegm, but a little offendeth the stomach. The Juice or distilled Water snuffed up into the nostrils, purgeth the Head and Eyes of Catarrhs and Rheums. Some use to drink two or three ounces of the distilled Water, with a little sugar put to it, in the Morning fasting, to open and purgeth the body of gross, viscous, and melancholy humours. It is wonderful (if it be not fabulous) that Dioscordies and Phrastrus do relate of it, viz. That if Women use these herbs either inwardly or outwardly for three days together after conception, and their Courses be past, they shall bring forth Male or Female Children, according

kind of herb they use. *Matchiolus* saith, That the seed both of the male and Female Mercury boyled with wormwood and drunk, cureth the yellownesse in a speedy manner. The leaves or the juyce rubbed upon the sores, taketh them away. The juyce mingled with some vinegar, helpeth all running scabs, tetters, ring-worms, and the itch. *Galen* saith, That being applied in manner of a Pultis to any swelling or inflammation, it digesteth the swelling, and allayeth the inflammation, and is thereupon given in Clysters to evacuate from the belly offensive humours. The Mercury, although it be less used, yet may serve in the same manner, for the same purpose, to Purge waterish and melancholy humors.

### Mint.

Of all the kinds of Mint, the Spear-Mint, or Heart-Mint being most usual, I shall only Describe it as followeth.

[*descript.*] Spear-Mint hath divers round stalks and long, but narrowish leaves thereon, of a dark green colour. The flowers stand in spiked heads at the tops of the branches, being of a pale blue colour. The smell or scent hereof is somewhat like unto Basil, it increaseth by the root under ground, as all the others do.

[*Place.*] It is an usual Inhabitant in Gardens; and because it seldom giveth any good seed, the effect is recompenced by the plentiful increase of the same, which being once planted in a Garden, will hardly be rid out again.

[*Time.*] It flowreth not until the beginning of August, for the most part.

[*Government and Vertues.*] It is an herb of Venus. *Dioscorides* saith, It hath a heating, binding, and drying quality, and therefore the juyce taken in vinegar, stayeth bleeding: it stirreth up Venery, or bodily Lust.

Two or three branches thereof taken in the juyce of four Pomgranates, stayeth the hiccough, vomiting, and allayeth the choler. It dissolveth imposthumes being laid to with barley-meal. It is good to repress the milk in womens breasts, and for such as have swoln, flagging or great breasts. Applied with salt, it helpeth the biting of a mad dog; with Mead or honeyed water, easeth the pains of the ears, and taketh away the roughness of the tongue, being rubbed thereupon. It suffereth not milk to curdle in the stomach, if the leaves thereof be steeped or boiled in it before you drink it. Briefly, it is very profitable to the stomach. The often use hereof

is a very powerful medicine to stay womens courses and the whites. Applied to the Forehead and Temples, it easeth the pains of the head, and is good to wash the heads of young Children thereupon, against all manner of breakings out, sores of scabs therein, and heal-

Provokes venery, stays vomiting, allayeth choler, imposthumes, great breasts, mad dogs biting, pains of the ears, good for the stomach, pains of the Head, sores and scabs, chaps of the fundament, poyson, helpeth liver and stomach, stayeth vomiting and hiccough, provoketh lust, spleen gravel, stone and strangury, comforts the head, sore mouth, ill breath, palate down.



eth the chops of the fundament. It is also profitable against the poisonous creatures. The distilled water of mint is available to all purposes aforesaid, yet more weakly. But if a spirit thereof be rightly chymically drawn, it is much more powerful than the herb it self. Serbi saith, it helpeth a cold liver, strengthneth the belly and stomach, digestion, stayeth vomits and the hiccough; it is good against the grief of the heart, provoketh appetite, taketh away obstructions of the liver, stirreth up bodily lust; but therefore too much must not be taken, for it maketh the blood thin and wheyish, and turneth it into choler, therefore cholerick persons must abstain from it. It is a safe medicine the biting of a mad dog, being bruised with salt, and laid thereon. powder of it being dried and taken after meat, helpeth digestion, and that are splenetick: taken with wine, it helpeth women in their fore in Childing-bearing. It is good against the gravel and stone in the Kidney and the strangury: Being smelled unto, it is comfortable for the head and memory. The decoction thereof gargled in the mouth, cureth the throat and mouth that is sore, and mendeth an ill-savour'd breath; as also fennel and coriander, causeth the palate of the mouth that is down to return to his place, the decoction being gargled and held in the mouth.

The vertues of the wild or horse-mint, such as grow in ditches (whose description I purposely omitted, in regard they are well enough known) are especially to dissolve wind in the stomach, help the colick, and those that are short-winded, and are an especial remedy for those that have venereal dreams and pollutions in the night, being outwardly applied to the testicles or the scrotum. The juyce dropped into the ears, easeth the pain of them, and destroyeth the worms that breed therein. They are good against the venereal biting of serpents. The juyce laid on warm, helpeth the Kings-Evil or kernels in the throat. The decoction or distilled water helpeth a stinking breath, proceeding from the corruption of the teeth, snuffed up into the nose, purgeth the head. Pliny saith, That eating the leaves hath been found by experience to cure the leprosie, apply some of them to the face, and to help the scurf or dandrif of the head, used with vinegar.

They are extream bad for wounded people; and they say a wounded Man that eats Mint, his Wound will never be Cured; and that's a bad day.

### Misselto.

Descript.] **T**his riseth up from the branch or arm of the tree where it groweth, with a woody stem, parting it self into sundry branches, and they again divided into many other smaller twigs, interlacing themselves within another, very much covered with a grayish green bark, having twigs

every joynt, and at the end likewise, which are somewhat long and narrow at the bottom, but broader toward the end. At the knots or joynts of boughs and branches grow small yellowish flowers, which turn into small, round, transparent berries, three or four together, full of glutenous moisture, with whitish seed in every of them, which was never yet known to spring, being put in the ground, or any where else to grow.

[It groweth very rarely on oaks with us; but upon sundry oaks as well Timber as Fruit-Trees, plentifully in woods, groves, and throughout all this Land.

] It flowreth in the Spring-time, but the berries be not ripe until winter, and abide on the branches all the winter, unless the Black-birds or other birds do devour them.

[*Government and Vertues.*] That it is under the dominion of the Sun, I do not question; and can also take for granted, That that which grows upon an Oak participates something of the nature of Jupiter, because an Oak is one of the trees; as also that which grows upon Pear-trees, and Apple-trees, participates something of his nature, because he rules the trees it grows upon, having no root of its own. But why that should have most vertues grows upon Oaks, I know not, unless because it is rarest, and hardest to come by; and our Colledge's Opinion is in this contrary to Scrip- ture, which saith, *God's tender mercies are over all his Works*; and so 'tis, let the Colledge of Physicians walk as contrary to him as they please, and as contrary as the east to the west. *Clusius* affirms, That which grows upon Pear-Trees to be as prevalent, and gives order, that it should be gathered from the ground after it is gathered; and also saith, That being hung about the neck, it remedies Witch-craft. Both the leaves and berries of *Misselto*, do heat and dry, and are of subtle parts, the Birdlime doth bind, and the hard knots, tumors and imposthumes, draweth forth and discusseth them; and draweth forth as well as thin humours from the remote

*Witchcraft, imposthumes, spleen, ulcers, falling-sickness, apoplexy, palsie, imposthumes.*

parts of the body, digesting and separating them. And being mixed with equal parts of rozin and wax, doth mollifie the hardness of the knots, and healeth old ulcers and sores. Being mixed with Sandarick Orpiment, it helpeth to draw off foul Nails; and if Quicklime and Saltpetre be added thereunto, it worketh the stronger. The *Misselto* of the oak (as the best) made into powder, and given in drink to those that have the falling-sickness, doth assuredly heal them, as *Marchiolus* saith, but it is fit to use it for forty days together. Some have so highly valued of the vertues hereof, that they have called it *Lignum Sanctum*, wood of the holy Cross, believing it helps the falling-sickness, apoplexy, and palsie very speedily, not only to be inwardly taken, but to be hung about their neck. *Tragus* saith, That the fresh wood of any *Misselto* being cut, and the Juyce drawn forth and dropped into the ears that have imposthumes in them, doth help and ease them within a few days.

## Money-wort, or Herb Two-pence.

**Descript.]** **T**HE common Money-wort sendeth forth from a small root, divers long, weak, and slender branches lying and running upon the ground, two or three foot long or more, set with leaves two at a joynt against another at equal distances, which are almost round, but pointed at ends, smooth, and of a good green colour. At the joynts with the leaves from the middle forward come forth at every joynt sometimes one yellow flower, and times two, standing each on a small foot-stalk, and made of five leaves pointed at the end with some yellow threads in the middle: which being past, stand in their places, small round heads of seed.

**Place.]** It groweth plentifully in almost all places of this land, common in moist-grounds by hedge-sides, and in the middle of grassie fields.

**Time.]** They flower in June and July, and their seed is ripe soon after.

**Government and Vertues.]** Venus owns it. Money-wort is singular good to stay all fluxes in man or woman, whether they be lasks, bloody-fluxes, the flowing of wounds, old ulcers. courses, bleeding inwardly or outwardly, the weakness of the stomach that is given

ing. It is very good also for all ulcers or excoriations of the lungs or inward parts. It is exceeding good for all wounds either fresh or old to heal them speedily, and for all old ulcers that are of spreading Nature. For all which purposes the juyce of the herb, or the powder drunk in water wherein hot steel hath been often quenched, or the decoction of the green herb in wine or water drunk, or the seed, juyce, or decoction used to the outward places to wash or bathe them, or to have Tents put therein, and put into them, are effectual.

## Moon-wort.

**Descript.]** **I**t riseth up usually but with one dark, green, thick and flat stalk standing upon a short foot-stalk, not above two fingers breadth: when it will flower, it may be said to bear a small slender stalk, about four or five inches high, having but one leaf in the middle thereof, which is much divided on both sides into sometimes five or seven parts on a side, sometimes more, and each of which parts is small like the middle rib, but broad forwards, and round-pointed, resembling therein a Half-moon, from whence it took the name, the uppermost or divisions being less than the lowest. The stalk riseth above this leaf two or three inches, bearing many branches of small long tongues, every one like the spikes of the Adders Tongue, of a brownish colour, which whether I shall call them flowers or the seed, I well know not: which after they have continued a while, run into a mealy dust. The root is small and fibrous. This hath sometimes such like leaves as are before described, with so many branches or tops rising from one stalk, each divided from the other.

*See.*] It groweth on hills and heaths, yet where there is much grass, therein it delighteth to grow.

*See.*] It is to be found only in *April* and *May*, for in *June* when any weather cometh, for the most part it is withered and gone.

*Government and Vertues.*] The Moon owns the Herb. Moon-wort is cold drying more than Adders-Tongue, and is therefore held to be more able for all wounds both inward and outward. The leaves boiled in wine and drunk, stayeth the immoderate flux of Womens courses, the whites. It also stayeth bleeding, vo-

ming, and other fluxes. It helpeth all blows bruises, and to consolidate all Fractures and lacerations. It is good for Ruptures, but it is only used by most with other herbs to make ointments or balsoms to heal fresh or green wounds,

*Womens courses, bleedings, vomiting, fluxes, broken and disjoynted bones, green wounds.*

(as said before) either inward or outward, for which it is excellent good.

Moon-wort is an herb which, they say, will open Locks, and unshoe such horses as tread upon it: this some laugh to scorn, and those no small fools; but Country People that I know, call it *Unshoe the Horse*. Besides, we heard Commanders say, that on *White-Down* in *Devonshire*, near *Exeter*, there was found thirty Horse-shoes pulled off from the feet of a herd of *Essex* his Horses, being there drawn up into a body, many of them being but newly shod, and no reason known, which caused much admiration; and the herb described, usually grows upon Heaths.

## Mosses.

Will not trouble the Reader with a description of these, since my intention is to speak only of two kinds as the most Principal, viz. *Ground-Moss*, and *Tree-Moss*, both which are very well known.

*See.*] The *Ground-Moss* groweth in our moist Woods, and in the bottom of Hills, in boggy grounds, and in shadowy ditches, and many other such like places.

The *Tree-Moss* groweth only on Trees.

*Government and Vertues.*] All sorts of Mosses are under the dominion of the Moon. The *Ground-Moss* is held to be singular good to break the Stone,

to expel and drive it forth by Urine, being

*Stone, Inflammations.*

boiled in wine and drunk. The herb being bruised

and in wine and drunk. The herb being bruised and applied, easeth all Inflammations and Pains coming of an hot cause; and is therefore used to the pains of the hot Gout.

The *Tree-Mosses* are cooling and binding, and partake of a digesting and drying quality withal, as *Galen* saith. But each *Moss* doth partake of the

virtue of the Tree from whence it is taken;

*Fluxes, Vomiting, Bleeding, Womens courses.*

wherefore that of the Oak is more binding,

and of good effect to stay fluxes in Man or

woman; as also vomiting or bleedings, the

Powder



powder thereof being taken in Wine. The Decoctions thereof in Wine very good for Women to be bath'd, or to sit in, that are troubled with over-flowing of their Courses. The same being drunk, stayeth the flux that is troubled with casting, or the hiccough; and as *Avicenna* saith comforteth the heart. The powder thereof taken in drink for some

together is thought available for the Dropsy, Head-ach, Sinews. The oil of Roses, that have had fresh Moss ed therein for a time, and after boiled and

to the Temples and Forehead, doth marvellously ease the head-ach of a hot cause; as also the distillations of hot rheum or humors to other parts. The Ancients much used it in their oynments and medicines against Lassitude, and to strengthen and comfort the For which, if it was good then, I know no reason but it may be found

### Mother-Wort.

**Descript.]** **T**His hath a hard square, brownish, rough, strong stalk, rising or four foot high at least, spreading into many branches, on grow leaves on each side, with long foot-stalks two at every joynt, somewhat broad and long, as it were rough or crumpled, with many green therein of a sad green colour, and deeply dented about the edges, and almost from the middle of the branches up to the tops of them (which are very small) grow the flowers round about them at distances, in sharp-pointed, rough husks, of a more red or purple colour than Balm or Hore-hound, but in the manner or form as the Hore-hounds: after which come small, round, black in great plenty. The root sendeth forth a number of long strings, and small taking strong hold in the ground, of a dark yellowish or brownish colour abideth as the Hore-hound doth, the smell of this not much different from Place.] It groweth only in Gardens with us in England.

**Government and Vertues.]** Venus owns the herb, and it is under Leo. is no better herb to drive melancholy vapors the Heart, to strengthen it, and make a cheerful, blithe Soul, than this herb. It kept in a syrup or conserve; therefore the called it *Cordiacæ*. Besides, it makes women Mothers of Children, and settles their Womb they should be; therefore we call it *Motherwort*.  
*Melancholy vapors, swoonings, sore travel, Mother, Urine, Womens courses, flegm, cold flegm, cramps, convulsions.*

It is held to be of much use for the trembling of the heart, and fainting swoonings, from whence it took the name *Cordiacæ*. The powder to the quantity of a spoonful drunk in wine, is a wonderful help to in their sore travel, as also for the Suffocations or Risings of the M and for these effects it is likely it took the name of *Motherwort* with also proketh Urine and Womens Courses, cleanseth the Chest of flegm oppressing it, and killeth worms in the belly. It is of good warm and dry up the cold humours, to digest and disperse them the settled in the Veins, Joints, and sinews of the Body, and to help convulsions.

## Moufe-Ear.

**descript.]** **M**oufe-Ear is a low Herb creeping upon the Ground by small strings like the Strawberry-Plant, whereby it shooteth forth small roots, whereat grow upon the Ground many small and somewhat short Leaves set in a round form together, and very hairy, which being broken, do give a white Milk : among these Leaves spring up two or three small hoary Stalks, about a span high, with a few smaller Leaves thereon ; at the tops whereof standeth usually one Flower, consisting of many paler yellow Leaves, broad at the points, and a little dented in, set in three or four rows, the greater outermost, very like a Dandelion Flower, and a little reddish underneath about the edges, especially if it grow in a dry Ground ; which after they have stood long in Flower, do turn into seed, which with the Seed is carried away with the Wind.

**Place.]** It groweth on Ditch-Banks, and sometimes in Ditches, if they be dry, and in sandy Grounds.

**Time.]** It floweth about June and July, and abideth green all the Winter.

**Government and Vertues.]** The Moon owns the Herb also ; and though Authors cry out upon Alchymists for attempting to fix Quick-silver by this Herb and Moonwort : A Roman would not have judged a thing by the success : if it be to be fixed at all, 'tis by Lunar Influence. The Juice hereof

may be taken in Wine, or the Decoction thereof drunk,

which help the Jaundice, although of long continuance, to drink thereof Morning and Evening,

and abstain from other drink two or three hours

thereafter : It is a special Remedy against the Stone,

and the tormenting pains thereof ; as also other

distempers and griping pains of the Bowels. The

Decoction thereof with Succory and Century is

very effectual to help the Dropsie, and them that are inclining there-

unto, and the Diseases of the Spleen. It stayeth the Fluxes of Blood, either

at the Mouth or Nose, and inward Bleeding also, for it is a singular

Round-Herb for Wounds both inward and outward : It helpeth the Blood

flux, and helpeth the abundance of Womens Courses. There is a

Recipe made of the Juice hereof, and Sugar, by the Apothecaries of Italy,

and other places, which is of much account with them, to be given to

those that are troubled with the Cough or Ptisick : The same also is sin-

gular good for Ruptures or Burstings. The green Herb bruised, and pre-

sently bound to any Cut or Wound, doth quickly soder the Lips thereof.

The Juice, Decoction, or Powder of the dried Herb, is most singular

to stay the malignity of spreading and fretting Cankers and Ulcers what-

soever, yea in the Mouth, and Secret parts. The distilled Water of the

Herb is available in all the Diseases aforesaid, and to wash outward

Wounds and Sores, and apply Tents, or Clothes wet therein.

Jaundice, Stone, Belly-ach,  
Dropsie, Flux, Wounds,  
Bloody-flux, Terms stops,  
Cough, Ptisick, Ruptures,  
Canker, Ulcers, Spreading  
Sores.

## Mugwort.

**Descript.]** Common Mugwort hath divers Leaves lying upon the Ground much divided, or cut deeply in about the Brims, somewhat Wormwood, but much larger, of a dark green Colour on the upper side, and hoary white underneath. The Stalks rise to be four or five Foot high, having such-like Leaves as those below, but somewhat smaller, branching forth very towards the top, wherein are set very small, pale, yellowish Flowers like Butter which fall away; and after them come small Seeds inclosed in round Heads. Root is long and hard, with many small Fibres growing from it, whereby it taketh strong hold on the Ground, but both Stalk and Leaf do lye down every Year, and the Root shooteth anew in the Spring. The whole Plant is of a reasonable scent, and is more easily propagated by the Slips, than by the Seed.

**Place.]** It groweth plentifully in many places of this Land, by the Waysides; as also by small Water-Courses, and in divers other places.

**Time.]** It flowereth and seedeth in the end of Summer.

**Government and Vertues.]** This is an Herb of Venus, therefore maintaineth the parts of the Body she rules; remedies the Diseases of the parts that are under her Signs, Taurus and Libra. Mugwort is a good success put among other Herbs that are led for Women to sit over the hot Decoction, draw down their Courses, to help the Delivery of their Birth, and expel the After-birth. As also for the Obstructions and Inflammations of the Mother. It breaketh the Stone, and causeth it to make Water where it is stopped. The Juice thereof made up with Myrrh, and put under as a Pessary, worketh the same effects, and so doth the Root also; being made up with Hogs-grease into an Oyntment, it taketh away Wens, and hard Knots, and Kernels that grow about the Neck and Throat, and easeth the pains about the Neck more effectually, if some Field-Daisies be put with it. The Herb it self being fresh, or the Juice thereof taken, is a special Remedy upon the over-much taking of Opium. Three Drams of the Powder of the dried Leaves taken in Wine, is a special and the best certain help for the Sciatica. A Decoction thereof made with Camomel and Agrimony, and the places bathed therewith while it is warm, taketh away the pains of the Sinews and the Cramp.

## The Mulberry-Tree.

**THIS** is so well known where it groweth, that it needeth no Description. **Time.]** It beareth Fruit in the Months of July and August.

**Government and Vertues.]** Mercury rules the Tree, therefore are its Effects variable as his are. The Mulberry is of different parts: The ripe Berries, reason of their sweetness and slippery Moisture, opening the Body, and unripe binding it, especially when they are dried, and then they are good

stay Fluxes, Lasks, and the abundance of Womens Courses. The Bark of the Root killeth the Worms in the Body. The Juice, or the Symplice made of the Juice of the Berries, helpeth all Inflammations or Sores in the Mouth or Throat, and the Palate of the Mouth when it is fallen.

The Juice of the Leaves is a Remedy against the biting of Serpents, for those that have taken Aconite. The Leaves beaten with Vinegar are good to lay on any place that is burnt with Fire. A decoction made of the Root and Leaves is good to wash the Mouth and Teeth when they ache. If the Root be a little slit or cut, and a small hole made in the Ground next unto it, in the Harvest-time, it will give out a certain Juice which being drunk, the next day is of good use to help the Tooth-ach, to dissolve Stomach, and purge the Belly. The Leaves of Mullein are said to stay Bleeding at the Mouth or Nose, or the Bleeding of the Piles, or of a Wound, when bound unto the places.

A Branch of the Tree taken when the fruit is at the full, and bound to the Wrist of a Womans Arm, whose Courses come down too much, doth stay them in short space.

A Curious Secret.

### Mullein.

*Script.* Common white Mullein hath many fair, large, woolly, white Leaves, lying next the Ground, somewhat larger than broad, and at the end, and as it were dented about the Edges. The Stalk riseth up to four or five Foot high, covered over with such like Leaves, but lesser, so that no can be seen for the multitude of Leaves thereon up to the Flowers, which come in all sides of the Stalk, without any Branches for the most part, and are set together in a long Spike, in some of a yellow Colour, in others more pale, consisting of five round-pointed Leaves, which afterwards have small round seeds, wherein is small brownish Seed contained, The Root is long, white, and ready perishing after it hath born Seed.

*Place.* It groweth by Way-sides and Lanes, in many places of this Land.

*Time.* It flowereth in July, or thereabouts.

*Goverment and Vertues.* It is under the Dominion of Saturn. A small quantity of the Root given in Wine, is commended by Dioscorides against Stomach and Fluxes of the Belly. The Decoction

thereof drunk, is profitable for those that are troubled with Stomach, and for Cramps and Convulsions, and for those that are troubled with an old Cough.

The Decoction thereof gargled, easeth the pains of the Tooth-ach. And Oyl made by the distillation of the Flowers, is of very good effect for the Stomach and Piles. The Decoction of the Root in red Wine, or in Water (if there be an Ague) wherein red Steel hath been often quenched, doth stay

Fluxes, Ruptures, Cramp, Convulsions, Cough, Tooth-ach, Hemorrhoids, Bloody-flux, Obstructions, Reins, Bladder, Sinews, Gout, Warts, Belly-ach, Collick, Inflammation, Thorns, Splinters Boils, Grain, Disjunctures.



the Bloody-flux. The same also openeth Obstructions of the Bladder Reins when one cannot make water. A Decoction of the Leaves here and of Sage, Marjoram and Camomel-flowers and the places bathed therewith that have Sinews stark with Cold, or Cramps, doth bring them to ease and comfort. Three Ounces of the distilled Water of the Flowers drunk morning and evening for some days together, is said to be the excellent Remedy for the Gout. The Juice of the Leaves and Flowers be laid upon rough Warts; as also the Powder of the dried Roots rubbed doth easily take them away; but doth no good to smooth Warts. The Powder of the dried Flowers is an especial Remedy for those that are troubled with the Belly-aches, or the pains of the Colick. The Decoction of the Root, and so likewise of the Leaves, is of great effect to dissolve the Tumors, Swellings or Inflammation of the Throat. The Seed and Leaves boiled in Wine, and applied, draw forth speedily Thorns or Splinters out into the Flesh, ease the pains, and heal them also. The Leaves bruised and wrapped in double Papers, and covered with hot Ashes and Embers, bake a while, and then taken forth and laid warm on any Bitch or Chapping in the Groin or Share, doth dissolve and heal them. The Seed bruised and boiled in Wine, and laid on any Member that hath been out of joint, and is newly set again, taketh away all swelling and pain there.

### Mustard.

**Descript.]** **O**UR common Mustard hath large and broad rough Leaves, much jagged with uneven and unorderly gasbes, somewhat like Turnip-leaves, but lesser and rougher; The Stalk riseth to be more than a Foot high, and sometimes two Foot high, being round, rough, and branched at the top, bearing such like Leaves thereon as grow below, but lesser, and less divided, divers yellow Flowers one above another at the tops, after which come small Pods with small lank flat ends, wherein is contained round yellowish Seed, hot, and biting upon the Tongue. The Roots small, long and woody, when it is cut, it leaveth Stalks, and perisheth every year.

**Place.]** This groweth with us in Gardens only, and other many places.

**Time.]** It is an annual Plant, flowering in July, and their Seed is ripe in August.

**Government and Vertues.]** It is an excellent Sawce for such whose Stomachs was clarifying, and for weak Stomachs, being an Herb of Mars, is thought for Cholerick People, though as good for such as are Agues troubled with cold Diseases; Aries claims something to do with it, therefore it strengthens the Heart, and resisteth poyson; let such whose Stomachs are so weak they cannot digest their Meat, or Appetite it, take Mustard-seed a Dram, Cinnamon as much, and having beaten them to Powder, and half as much Mastick in Powder, and with Gum-Arabic dissolved in Rose-water, make it up into Troches, of which they may take one of about half a Dram weight an hour or two before Meals; let

and women make much of this Medicine, and they will either give thanks, or shew manifest ingratitude. Mustard-seed hath the Vertue heating, discussing, rarifying and drawing out Inters of Bones, and other things out of the Bones. It is of good effect to bring down women's Courses, for the Falling-sickness or Lethargy, drowsie forgetful Evil, to use it both inwardly and outwardly to rub the Nostrils, Forehead and Temples, to warm and quicken the Spirits, by the fierce sharpness it purgeth the Brain Sneezing, and drawing down Rheum and obnoxious Humours, which by their Distillation upon the Lungs and Chest, procure coughing; and therefore with some Honey added thereto, doth much good therein. The decoction of the Seed made in Wine, and drunk provokes Urine, resisteth the force of Poyson the malignity of Mushrooms, and Venom of Scorpions or other Venomous creatures, if it be taken in time; and taken before the cold Fits of Agues, altereth, lesseneth, and cureth them. The Seed taken either by itself, or with other things, either in an Elestuary or Drink, doth mightily stir up Bodily Lust, and helpeth the Spleen and Pains in the Sides, and swellings in the Bowels, and used as a Gargle, draweth up the Palate of the Mouth, being fallen down; and also it dissolveth the Swellings about the Throat, if it be outwardly applied. Being chewed in the Mouth, it oftentimes helpeth the Tooth-ach. The outward application hereof upon the pained place of the Sciatica, discusseth the Humours, and easeth the pains, as also the Gout, and other Joint-aches, and is much and often used to ease pains in the Sides or Loins, the Shoulders or other parts of the Body, when the applying thereof to raise Blisters, and cureth the Disease by drawing it to the outward parts of the Body. It is also used to help the falling out of the Hair; The Seed bruised mixed with Honey and applied, or made with Wax, taketh away the Marks and black and blue Spots of Bruises, the like, the roughness or scabbiness of the Skin, as also the Leprosie and Loufie-Evil; It helpeth also the Crick in the Neck. The distilled water of the Herb when it is in the Flower, is much used to drink inwardly for help in any of the Diseases aforesaid, or to wash the Mouth when the Palate is down, and for the Diseases of the Throat to gargle, but outwardly for Scabs, Itch, or other the like Infirmities, and cleanseth the Face from Morpew, Spots, Freckles, and other Deformities.

### The Hedge-Mustard.

**Script.]** This groweth up usually but with one blackish green Stalk, tough, easy to bend, but not to break, branched into divers parts, and sometimes with divers Stalks set full of Branches, whereon grow long, tough or hard rugged

Leaves very much torn or cut on the edges in many parts, some bigger, and lesser, of a dirty green Colour. The Flowers are small and yellow, that grow at the tops of the Branches in long Spikes, flowering by degrees; so that continuing long in Flower, the Stalks will have small round Cods at the bottom growing right, and close to the Stalk, while the top Flowers yet shew themselves; in which are contained small yellow Seed sharp and strong, as the Herb is also. The groweth down slender and woody, yet abiding and springing again every year.

Place.] This groweth frequently in this Land, by the Ways and Hedgesides, and sometimes in the open Fields.

Time.] It flowreth most usually about July.

Government and Vertues.] Mars owns this Herb also. It is singular in all the Diseases of the Chest and Lungs, Hoarseness of Voice, and by use of the Decoction thereof for a little space, those have been recovered who had utterly lost their Voice, and almost their Spirits also. The Juice thereof made into a Syrup, or licking Medicine, with Honey or Sugar, is no less effectual for the same purpose, and for all other Coughs, Wheezing, and Shortness of Breath. The is also profitable for those that have the Jaundice, the Pleurisy, Pains in Back and Loins, and

Torments in the Belly, or Colick, being also used in Clysters. The is held to be a special Remedy against Poyson and Venom. It is singular good for the Sciatica, the Gout, and in Joint-aches, Sores, and Cankers in the Mouth, Throat, or behind the Ears; and no less for the hardness and swelling of the Testicles, or of Womens Breasts.

### Nail-wort, or Whitlow-grass.

Descript. **T**His very small and common Herb hath no Roots, save only a few strings; neither doth it ever grow to be above a hand's breadth high, the Leaves are very small, and something long, not much unlike those of Chickweed; among which rise up divers slender Stalks, bearing many small Flowers one above another, which are exceeding small; after which come small flat Pouches containing the Seed, which is very small, but of a sharp taste.

Place.] It grows commonly upon old Stone and Brick-Walls, and sometimes in dry gravelly Grounds, especially if there be Grass or Moss near to shadow it.

Time.] They flower very early in the year, sometimes in January, and in February, for before the end of April they are not to be found.

Government and Vertues.] It is held to be exceeding good for those posthumous in the Joints, and under the Nails, which they call Whitlows, Felons, Andicorns, and Nail-wheals. Such as would be known by Physicians, let them read these Books of mine, the last Edition, viz. Riverius, Riolaus, Jolani.

Veslingus, Sennertus.

Nep or Catmint.

**Script.]** Common Garden Nep shooteth forth hard four-square stalks with a hoariness on them, a yard high or more, full of branches, bearing at every joynt two broad leaves somewhat like balm, but longer pointed, softer, whiter and more hoary, nicked about the edges, and of a strong sweet scent. The flowers grow in large tufts at the tops of the branches, and underneath them likewise the stalks many together, of a whitish purple colour. The roots are composed of many long strings or fibres, fastning themselves stronger in the Ground, and abide green leaves thereon all the winter.

**Place.]** It is only nursed up in our Gardens.

**Time.]** And it flowreth in July or thereabouts.

**Government and Vertues.]** It is an herb of Venus.

Nep is generally used for women to procure their courses, being taken inwardly or outwardly, either alone or with other convenient herbs in a decoction to bathe them, or sit over the hot fumes thereof and by the frequent use thereof, it takes away barrenness, and the wind, and pains of the stomach. It is also used in pains of the head coming

*Terms provokes barrenness, womb, wind, Mother, cough, rheums, vertigo, cramp, cold ach, difficulty of breath, bruises, Hemorrhoids, scabby heads.*

any cold cause, catarrrhs, rheums, and for swimming and giddiness there. and is of special use for the windiness of the stomach and belly. It is effectual for any cramp or cold aches, to dissolve the cold and wind that fasteneth the place, and is used for colds, coughs, and shortness of breath. The juyce thereof drunk in wine, is profitable for those that are bruised by accident. The green herb bruised and applied to the fundament, and lying there two or three hours, easeth the pains of the Piles. The juyce also being made up into an Oyntment, is effectual for the same purpose: The decoction washed with a decoction thereof, it taketh away scabs, and may be effectual for other parts of the body also.

Nettles.

Nettles are so well known, that they need no description at all, they may be found by feeling in the darkeſt Night.

**Government and Vertues.]** This is also an herb Mars claims dominion over. You know Mars is hot and dry, and you know as well that winter is cold and moist; then you may know as well the reason why Nettle-tops are in Spring consume the flegmatick superfluities in the body of man at the coldness and moisture of winter hath left behind. The roots or leaves boiled, or the juyce of either of them, both, made into an electuary with honey or sugar, is a safe and sure medicine to open the passages and Passages of the Lungs, which is the cause of wheezing, and shortness of breath, and helpeth to expectorate tough flegm, as also to

*Lungs, wheezing, shortness of breath, Pleurisie, almonds of the ears, throat, mouth, Uvula.*



Terms provokes, mother, dysury, gravel, worms, spleen, bleeding, venomous beasts, mad dogs, hemlock, henbane, night-shades, mandrakes, lethargy, morphew, leprosie, bleeding, polypus, ulcers, fistula's, gangreens, scabs, itch, wounds, weariness, disjunctures, gout, sciatica, joynts.

raise the imposthumed pleurisie, and spend it by spitting; the same helpeth the swelling of the almonds of the throat, the mouth and throat being gargled therewith. The juyce is also effectual to settle the palate of the mouth in its place, and to heal and temper the inflammations and soreness of the mouth and throat. The decoction of the leaves in wine, being drunk, is singular good to provoke women's courses, and settle the suffocation, strangling of the mother, and all other diseases thereof, also applied outwardly with a little myrrour.

The same also, or the seed, provoketh urine, and expelleth the gravel and stone in the reins or bladder, often proved to be effectual in many that have taken it. The same killeth the Worms in Children, easeth pains in the sides, and dissolveth the windiness in the spleen, as also in the body, although others think it only powerful to provoke venery. The juyce of the leaves taken two or three days together, stayeth bleeding at the mouth. The seed being drunk, is a remedy against the stinging of venomous creatures, the biting of mad dogs, the poysonful qualities of hemlock, henbane, night-shade, mandrake, and other such-like herbs that stupifie or dull the senses; as also the lethargy, especially to use it outwardly to rub the forehead or temples in the lethargy, and the places bitten or stung with beasts, with a little vinegar. The distilled water of the herb is also effectual (although not so powerful) for the diseases aforesaid, as for outward wounds and sores to wash them, and to cleanse the skin from morphew, leprosie, and other discolourings thereof. The seed or leaves bruised, and put into the nostrils, stayeth the bleeding of them, and taketh away the flesh growing in them called *Polypus*. The juyce of the leaves, or the decoction of them, or of the root, is singular good to wash either old rotten or stinking sores or fistulaes, and gangreens, and such as are fretting, eating, or corroding scabs, manginess and itch in any part of the body, as also great wounds, by washing them therewith, or applying the green herb bruised thereunto, yea although the flesh were separated from the bones: the same applied to our wearied members, refresheth them, or to places that have been out of joynt, being first set up again, strengtheneth, dries, and comforteth them, as also those places troubled with aches and gout, and the defluxion of humours upon the joynts or sinews; it easeth the pains, and drieth or dissolveth the defluxions. An oyntment made of the juyce, oyl, and a little wax, is singular good to rub cold and numb members. An handful of the leaves of green nettles, or another of Wall-wort, or Dane-wort, bruised and applied simply themselves to the gout, sciatica, or joynt-aches in any part, hath been found to be an admirable help thereunto.

## Night-shade.

ript.] **C**ommon Night-shade hath an upright, round, green, hollow stalk, about a foot or half a yard high, bushing forth into many branches, whereon grow many green leaves, somewhat broad, and pointed at ends, soft and full of juyce, somewhat like unto Basil, but larger, and a little unevenly dented about the edges; at the tops of the stalks and branches spring forth three or four more white Flowers made of five small pointed leaves standing on a stalk together one above another, with yellow pointels in the middle, composed of four or five yellow threads set together, which afterwards run into so many pendulous green berries of the bigness of small Pease, full of green seed, and small whitish round flat seed lying within it. The Root is white, and a little woody when it hath given flower and fruit with many small fibres at it: the whole Plant is of a waterish insipid taste, but the juyce within the berries is somewhat viscus, and of a cooling and binding quality.

Place.] It groweth wild with us under old Walls, and in Rubbish, the common Paths, and sides of Hedges and Fields, as also in our Gardens in England without any planting.

Time.] It dieth down every year, and riseth again of its own sowing, springeth not until the latter end of April at the soonest.

Government and Vertues.] It is a cold Saturnine Plant. This common Night-shade is wholly used to cool hot inflammations either inwardly or outwardly, being no way dangerous to any that shall use it, as most of the rest of the Night-shades are; yet it must be used moderately. The distilled water only of the whole herb is fittest and safest to be taken inwardly: The juyce also clarified and taken, or mingled with a little Vinegar, is good to wash the Mouth and Throat that is inflamed; and outwardly the juyce of the herb or berries, mixed with Oyl of Roses and a little Vinegar and Cerus laboured together in a leaden Mortar, is very good to anoint all hot Inflammations in the skin; It also doth much good for the Shingles, Ring-worms, and in all burning, fretting and corroding Ulcers, and applied thereunto; A Pessary made in the juyce, and dropped into the Matrix, stayeth the immoderate flux of Womens courses; a Cloth wet therein, and applied to the Testicles stayeth the Gout, upon any swelling therein, giveth much ease, also to the Gout that cometh of hot and sharp humors. The juyce dropped into the Ears, easeth the pain thereof that arise of heat or inflammations. And Pliny saith, It is good for hot swellings under the Throat. Have a care you mistake not the deadly Night-shade for this; if you know it not, you may let them both alone, and take no harm, having other Medicines sufficient in the Book.

## The Oak.

**I**T is so well known (the timber thereof being the glory and safety of this Nation by Sea) that it needeth no description.

*Government and Vertues.*] Jupiter owns the tree. The leaves and

*Dry, blind, spitting blood, flux, vomiting, venereous acts, dysury, poyson, venomous beasts, Cantharides, Ulcers of the bladder.*

of the oak, and the acorn cups, do bind and very much: The inner bark of the tree, and thin skin that covereth the acorn, are most to stay the spitting of blood, and the bloody flux. The decoction of that bark, and the powder of the cups to stay vomitings, spitting of blood, bleeding at the mouth, or other flux of blood, in men or women; lasks also, and the involution

flux of natural seed. The acorn in powder taken in wine, provoketh urine and resisteth the poyson of venomous creatures. The decoction of acorn and the bark made in milk and taken, resisteth the force of poysonous herbs and medicines, as also the virulency of cantharides, when one by eating them, hath his bladder exulcerated and pisseth blood. Hippocrates saith, useth the fumes of oak-leaves to women that were troubled with the strangling of the Mother; and Galen applied them, being bruised, to cure great wounds. The distilled water of the oaken-buds, before they break out in leaves, is good to be used either inwardly or outwardly to assuage

*Mother, wounds, inflammations, flux, pestilences, epidemical diseases, liver, Stone, terms stops, scabs.*

inflammations, and stop all manner of fluxes in man or woman: The same is singular good against pestilential and hot burning fevers, for it resisteth the force of the infection, and allayeth the heat: it cooleth the heat of the liver, breaketh the Stone in the Kidneys, and stayeth womens courses. The

decoction of the leaves worketh the same effects. The water that is found in the hollow places of old oaks, is very effectual against any foul spreading scabs. The distilled water (or decoction which is better) of the leaves, is one of the best remedies that I know for the whites in women.

## Oats.

**T**Hese are also so well known, that they need no description.

*Government and Vertues.*] Oats fryed with bay-salt, and applied

*Stitch, wind, itch, leprosie, fistulaes, apostumes, freckles.*

to the sides, take away the pains of stitches and wind in the sides or belly. A pulvis made of meal of oats, and some oyl of bays put thereto, helpeth the itch, and the leprosie, as also the fistulaes of the fundament, and dissolveth hard imposthumes.

The meal of oats boiled with vinegar and applied, taketh away freckles and spots in the face, or other parts of the body.

One-Blade.

**Script.]** This small plant never beareth more than one leaf, but only when it riseth up with his stalk, which thereon beareth another, and seldom more, which are of a bluish green colour, pointed, with many ribs or veins therein, Plantane. At the top of the stalk grow many small white flowers, star-fashi-  
smelling somewhat sweet; after which come small reddish berries, when they  
ripe. The root is small, of the bigness of a rush, lying and creeping under the  
crust of the earth, shooting forth in divers places.

**Place.]** It groweth in moist, shadowy, and grassie places of woods, in  
any places of this land.

**Time.]** It flowreth about May, and the berries be ripe in June, and then  
suddenly perissheth; until the next year, it springeth from the same root again.

**Government and Vertues.]** It is a precious herb of the Sun. Half a dram,  
or a dram at most in powder of the roots hereof taken in wine and vine-  
gar, of each equal parts, and the party laid presently to sweat thereupon,  
shall to be a soveraign remedy for those that

are infected with the plague, and have a sore  
upon them, by expelling the poyson and in-  
fection, and defending the heart and spirits from  
danger. It is a singular good Wound-Herb, and

thereupon used with other the like effects in many compound balms for  
healing of wounds be they fresh and green, or old and malignant, and  
specially, if the sinews be burnt.

*Pestilence, poyson, epide-  
mical diseases, wounds,  
sinews cut.*

Orchis.

It hath gotten almost as many several names attributed to the several  
sorts of it, as would almost fill a sheet of paper; as Dog-stones, Goat-  
stones, Fools-stones, Fox-stones, Satirian, Cullians, together with many others  
too tedious to rehearse.

**Descript.]** To describe all the several sorts of it were an endless piece of work;  
therefore I shall only describe the roots, because they are to be used with some discre-  
tion. They have each of them a double root within, some of them are round; in  
others like a hand; these roots alter every year by course; when the one riseth and  
waxeth full, the other waxeth lank and perissheth: Now it is that which is full,  
which is to be used in medicines, the other being either of no use at all, or else ac-  
cording to the humour of some, it destroys and disannuls the vertue of the other,  
undoing what that doth.

**Time.]** One or other of them may be found in flower, from the be-  
ginning of April, to the latter end of August.

**Temperature and Vertues.]** They are hot and moist in Operation, under  
the dominion of dame Venus, and provoke lust

exceedingly, which, they say, the dry or wi-  
thered roots restrains again; they are held to  
kill the worms in Children; as also being  
bruised and applied to the place, to help the Kings-Evil.

*Lust provoketh, worms,  
Kings-Evil.*

Onions.



## Onions.

**T**hey are so well known, that I need not spend time about Writing a Description of them.

*Government and Virtues*] Mars owns them, and they have gotten a quality to draw any Corruption to them; for if you Peel one, and lay him upon a Dunghill, you shall find him rotten in half a day, by drawing Putrefaction to it; then being bruised and applied to a Plague-sore, very probable 'twill do the like.

*Onions* are flatulent or windy, yet they do somewhat provoke Appetite, encrease Thirst, ease the Belly and Bowels, provoke Womens Courses,

*Mad Dogs, Worms, Cough, Lethargy, Epidemical Diseases.*

the Biting of a Mad Dog, and of other Venomous Creatures, to be used with Honey and Rewin, encrease Sperm, especially the Seed of the Male. They also kill the Worms in Children if they drink the Water fasting wherein they have been

steeped all night. Being roasted under the Embers, and eaten with Honey or Sugar and Oyl, they much conduce to help an inveterate Cough, and expectorate the tough Flegm. The Juyce being snuffed up into the Nostrils, purgeth the Head, and helpeth the Lethargy (yet the often eating of them is said to procure Pains in the Head.) It hath been held by divers Countrey People a good preservative against Infection to eat *Onions* fasted with Bread and Salt; as also to make a great *Onion* hollow, filling the place with good Treacle, and after to roast it well under the Embers, which is a Sovereign Salve for either Plague-sore, or any other putrid Ulcer. The Juyce of *Onions* is good for either Scalding or Burning by Fire, Water, or Gunpowder, and used with Vineger, taketh away all Blisters, Spots and Marks in the Skin; and dropped into the Ears, ease the Pains and Noise of them. Applied also with Figs beaten together, helpeth to ripen and break Imposthumes and other Sores.

*Leeks* are as like them in quality, as the Pome-water is like an Apple; they are a Remedy against a Surfeit of Mushrooms, being baked under the Embers and taken; and being boiled and applied very warm to the Piles. In other things they have the same property as the *Onion*, although not so effectual.

## Orpine.

*Descript.*] **C**ommon Orpine riseth up with divers round brittle Stalks, set with fat and fleshy Leaves, without any order, and is either nothing dented about the edges, of a green colour: the Flowers are white or whitish, growing in tufts, after which come small chaffy Husks, with like Dust in them. The Roots are divers, thick, round, white tuberous Clumps, and the Plant groweth not so big in some places as in others where it is found.

*Place.*] It is frequent almost in every Country of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild, and groweth in shadowy sides of Fields and Woods.

Time.] It flowreth about July, and the Seed is ripe in August.

Government and Vertues.] The Moon owns the Herb; and he that knows her Exaltation, knows what I say is true.

Opime is seldom used in inward Medicines with us, although *Tragus* saith from experience in *Germany*, that the distilled Water thereof is profitable for Gnawings or Excoriations in the Stomach

Bowels; or for Ulcers in the Lungs, Liver, other inward parts, as also in the Matrix, and cureth all those Diseases being drunk for certain together. And that it stayeth the sharpness of Humors in the Bloody-flux, and other Fluxes of the Body, or in Wounds. The Root thereof

*Excoriations of Bowels, Pitsick, Womb, Bloody-flux, Wounds, Inflammation, Scaldings, Burnings, Quinzie, Rupture.*

performeth the like effect. It is used outwardly to cool any Heat or inflammation upon any Hurt or Wound, and easeth the pains of them; as also to heal Scaldings or Burnings; the Juice thereof beaten with some green Sallet-Oil, and anointed. The Leaf bruised, and laid to any green wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the Quinzie; it helpeth also Ruptures and stiffness. If you please to make the Juice thereof into a Syrup with Honey or Sugar, you may safely take a spoonful or two at a time (let my author say what he will) for a Quinzie, and you shall find the Medicine more pleasant, and the Cure more speedy than if you had taken a Dog's Urine, which is the Vulgar Cure.

### Parsley.

This is so well known, that it needeth no Description.

Government and Vertues.] It is under the Dominion of *Mercury*, and is very comfortable to the Stomach, and helpeth to provoke Urine and Womens Courses, and to break Wind both in

the Stomach and Bowels, and doth a little open the Body, but the Root much more, and openeth Obstructions both of Liver and Spleen, and is therefore accounted one of the five opening roots. *Galen* commended it against the Falling-sickness, and to provoke Urine mightily, especially if the Roots be boiled and eaten like Parsnips. The Seed is effectual to provoke Urine and Womens Courses, to expel Wind, to break the Stone, and ease the pains and torments there-

*Stomach, Dysury, Terms provokes, Liver, Spleen, Falling-sickness, Stone, Wind, Venemous Beasts, Cough, Sucking Children, Eyes, Womens Breasts, Curdled Milk, Black and Blue Marks, Jaundice, Falling-sickness, Dropsie.*

of, or of any other part in the Body occasioned by wind. It is also effectual against the Venom of any poisonous Creature, and the danger that cometh to them that have taken Litharge; and is good against the Cough. The distilled Water of Parsly is a familiar Medicine with Nurses to give their Children when they are troubled with Wind in the Stomach or Belly, which they call the Frets; and is also much available to them that are of greater years. The Leaves of Parsly laid to Eyes that are inflamed with Heat, or swollen, doth much help them, if it be used with Bread or Meal, and

and being fried with butter, and applled to womens breasts that are full through the curdling of their milk, it abateth the hardness quickly, also it takeeth away black and blew marks coming of bruises or falls. The juice thereof dropped into the ears with a little wine easeth the pain. *Trigus* setteth down an excellent medicine to help the Jaundice and Falling sickness, the Dropsie, and Stone in the Kidneys in this manner: Take of seeds of *Parsly*, *Fennel*, *Annise* and *Carraways*, of each an ounce; of the root of *Parsly*, *Burnet*, *Saxifrage*, and *Carraways*, of each an ounce and an half. Let the seeds be bruised, and the roots washed and cut small. Let them all night in steep in a pottle of White-wine, and in the morning be boiled in a close earthen vessel until a third part or more be wasted, when being strained and cleared, take four ounces thereof Morning and Evening first and last abstaining from drink after it for three hours. This operation expelleth the Dropsie and Jaundice by Urine.

*Obstructions of Liver and Spleen:*

### *Parsly-Piert or Parsly Break-stone.*

**Descript.]** **T**HE Root, although it be very small and thready, yet it continueth many years, from whence arise many leaves lying along the Ground, each standing upon a long small Foot-stalk, the leaves as broad as a Man's Nail, very deeply indented on the edges, somewhat like a *Parsly-Leaf*, but of a dusky green colour. The stalks are very weak and slender, about three or four fingers in length, set so full of leaves that they can hardly be seen, either having no foot-stalk at all, or but very short; the flowers are so small they can hardly be seen, and the seed as small as may be.

**Place.]** It is a common herb throughout the Nation, and rejoyleth barren, sandy, moist places. It may be found plentifully about *Hampstead Heath*, in *Hide-Park*, and in *Tuttle-Fields*.

**Time.]** It may be found all the Summer-time, even from the beginning of *April* to the end of *October*.

**Government and Vertues.]** Its Operation is very prevalent to provoke Urine, and to break the Stone. It is a very good Sallet-Herb. It were good the Gentry would pickle it up as they pickle up *Samphire* for the use all the Winter. I cannot teach them how to do it; yet this I can tell them, it is a very wholesom herb. They may also keep the herb dry, or in a syrup if you please. You may take a dram of the powder of it in White-wine, it would bring away gravel from the kidneys insensibly and without pain. It also helps the Scrangury.

### *Parfnip.*

**T**HE Garden kind thereof is so well known (the root being commonly eaten) that I shall not trouble you with any description of it. But the wild kind being of more Physicall use, I shall in this place describe it unto you.

Descript

Descript.] The wild Parsnip differeth little from the Garden, but groweth fair and large, nor hath so many leaves; and the root is shorter, more; and not so fit to be eaten, and therefore most medicinal.

Place.] The name of the first sheweth the place of its growth. The other groweth wild in divers places, as in the Marshes by River, and elsewhere, and flowreth in July: The seed being ripe about beginning of August, the second year after the sowing: For if they sower the first year, the Country People call them Madneps.

Government and Vertues.] The Garden Parsnips are under Venus. The Garden Parsnip nourisherh much, and is good and wholesom nourishment, a little windy, whereby it is thought to provoke bodily lust; but it fatneth the body much, much used. It is conducible to the Stomach and provoketh Urine. But the wild Parsnip hath a cutting, attenuating, cleansing and purging quality therein; it resteth and helpeth the Bitings of Serpents, and the pains and stitches in the Sides, and dissolving wind both in the Stomach and Bowels, which is the Colick, and provoketh Urine. The wild is often used, but the seed much more. The wild being better than the tame, shews Dame Nature to be the Physician.

Lust provokes, Dysury, Cleanse, Open, Venomous, Beasts, Colick, Dysury.

### Cow-Parship.

Descript.] This groweth with three or four large, spread, winged, rough leaves, lying often on the Ground, or else raised a little from it, with many hairy foot-stalks under them, parted usually into five divisions, the two standing each against other, and one at the end, and each leaf being almost yet somewhat deeply cut in on the edges, in some leaves, and not so deep in others, of a whitish green colour, smelling somewhat strongly; among which ariseth a round, crusted, hairy stalk, two or three foot high, with a few joynts and leaves, and branched at the top, where stand large umbles of white, and sometimes white flowers, and after them flat, whitish, thin, winged seed, two always together. The root is long and white, with two or three long strings growing down into the Ground, smelling likewise strongly, and unpleasant.

Place.] It groweth in moist Meadows, and the borders and corners of fields, and near Ditches generally through this Land.

Time.] It flowreth in July, and seedeth in August.

Government and Vertues.] Mercury hath the Dominion over them. The seed thereof, as Galen saith, is of a sharp and cutting quality, and is therefore a fit medicine for the Cough and shortness

of breath, the Falling sickness and the Jaundice.

The Root is available to all the purposes afore-

said, and is also of great use to take away the

skin that groweth on a fistula, if it be but

scraped upon it. The seed hereof being drunk,

cleaseth the Belly from tough flegmatick mat-

ters therein; easeth them that are Liver-grown, Womens passions of the

Cough, difficulty of breath, Falling-sickness, Jaundice, Fistula, Flegm, Liver, Murther, Lethargy, Frenzy, Head-ach, Scabs, Shingles.

Mother,



Mother, as well being drunk as the Smoke thereof received underneath likewise raiseth such as are fallen into a deep sleep, or have the Loth by burning it under their Nose. The seed and root boiled in Oyl, and Head rubb'd therewith, helpeth not only those that are fallen into a fit but also the Lethargy or Drowsie Evil, and those that have been long bled with the Head-ach, if it be likewise used with Rue. It helpeth the running Scab and the Shingles. The Juice of the Flowers drawn into the Ears that run and are full of Matter, cleanseth and healeth.

### The Peach-Tree.

**Descript.]** A Peach-Tree groweth not so great as the Apricock Tree, yet hath Branches reasonable well, from whence spring smaller dish twigs, whereon are set long and narrow green leaves dented about the the Blossoms are greater than the Plum, and of a light purple colour. The round, and sometimes as big as a reasonable Pippin, others smaller, differing in colours, and taste, as russet, red or yellow, waterish or firm, Freeze or Cotton all over, with a Cleft therein like an Apricock, and a furrowed great stone with it, and a bitter kernel within the stone; it waxeth old, and decayeth, than the Apricock by much.

**Place.]** They are nursed up in Gardens and Orchards through this

**Time.]** They Flower in the Spring, and fructifie in Autumn.

**Government and Vertues.]** Lady Venus owns this Tree, and by it opposeth the ill effects of Mars, and indeed for Children and young People more is better to purge Choler and the Jaundice, than the leaves and flowers of this Tree being made into a syrup or conserve; let such as delight to their Lust regard the Fruit; but such as have lost their health, and Childrens, let them regard what I say, they may safely give two spoons of the Syrup at a time, 'tis as gentle as Venus her self. The leaves of

**Worms, Belly Opens, Humours, Wounds.** bruised and laid on the Belly, kill Worms; so they do also being boiled in Ale and drunk, and open the Belly likewise; and being drawn into a safe medicine to discuss humors. The powder of them strewed upon fresh bleeding wounds, stayeth their bleeding, closeth them up. The flowers steeped all night in a little wine strained warm, strained forth in the morning, and drunk fasting, doth gently open the Belly, and move it downward. A syrup made of them, as that of Roses is made, worketh more forcibly than that of Roses, for it worketh vomiting, and spendeth waterish and hydropick humors by the nuance thereof. The Flowers made into a conserve, worketh the same effect. The Liquor that dropped from the Tree, being wounded, is good in the Decoction of Coltsfoot, to those that are troubled with the

or shortness of Breath, by adding thereunto sweet Wine, and putting some Saffron therein; it is good for those that are hoarse have lost their voice: helpeth all defects of the lungs, and those that vomit and spit blood.

**Dropfie, Cough, Shortness of Breath, Vomiting and Spitting of Blood, Stone, Wind, Colick.**

Two drams thereof given in the Juice of Lemmons, or of Raddish, is good for them that are troubled with the Stone. The Kernels of the Stones do wonderfully ease the pains and wringings of the Belly, through wind or sharp Humours, and help to make an excellent Medicine for the Stone upon all occasions, on this manner, *Take fifty Kernels of Peach stones, and one hundred of the Kernels of Cherry stones, a handful of Elder-flowers fresh or dried, and three pints of Muscadell; set them in a close Pot into a bed of Horse dung for ten days, which after distill in a Glass with a gentle Fire, and keep it for your use; you may drink upon occasion three or four ounces at a time. The Milk or Cream of these Kernels being drawn forth with some Vervain-water, and applied to the Forehead and Temples, doth much help to procure rest and sleep to sick persons wanting it. The Oyl drawn from the kernels, the Temples being therewith anointed, doth the Baldness, Ears, Watching, &c. The said Oyl put into Clysters, easeth the pains of the Wind-Collick; and anointed on the lower part of the Belly, with the like; and dropped into the Ears, easeth the pains in them; the Juice of the Leaves doth the like. Being also anointed on the Forehead and Temples, it helpeth the Megrim and all other pains in the Head. If the Kernels be bruised and boiled in Vinegar until they become thick, and applied to the Head, it marvellously procures the Hair to grow again upon bald places, or where it is too thin.*

### The Pear-Tree.

Pear-Trees are so well known, that they need no Description.

*Government and Vertues.* ] The Tree belongs to *Venus*, and so doth the Apple-Tree. For their Physical use they are best discerned by their taste. The sweet or luscious sorts, whether manured or wild, do help to move the Belly downwards more or less. Those that are hard and sowre, do on the contrary bind the Belly as much, and the Leaves do so also. Those that are moist do in some sort cool, but harsh or wild sorts much more, and are very good in repelling Medicines: as if the wild sort be boiled with Mushrooms, it maketh them the less dangerous.

The said Pears boiled with a little Honey, help the oppressed Stomach, as all sorts of Mushrooms, Stomach, Inflammations, Cool, Bind, Wounds. can do, some more, some less: but the harsher sorts do more cool and bind, serving well to be

applied to green Wounds to cool and stay the blood, and heal up the Wound without further trouble or Inflammation, as *Galen* saith he hath found by experience. The wild Pears do sooner close up the Lips of open Wounds than others.

*Achula Salerni* adviseth to drink much Wine after Pears, or else (say they) they are as bad as Poyson, nay, and they curse the Tree for it too; if a poor Man find his Stomach oppressed by eating Pears, 'tis but making hard and it will do as well as drinking Wine.

## Pellitory of Spain.

**C**ommon Pellitory of Spain, if it be planted in our Gardens, it will prosper very well, yet there is one sort growing ordinary here which I esteeme to be little inferior to the other, if at all. I shall deny you the Description of them both.

**Descript.]** Common Pellitory is a very common Plant, and will not be in our Gardens without diligent looking to. The Root goes down-right into Ground, bearing Leaves, being long and finely cut upon the Stalk, lying in the Ground, much larger than the Leaves of Camomel are. At the top it has one single large Flower at a place, having a border of many Leaves white on upper side, and reddish underneath, with a yellow Thrum in the middle, standing so close as that of Camomel doth.

The other common Pellitory which groweth here, it hath Root of a sharp taste, scarce discernable by the taste from that before-described, from whence divers brittle Stalks, a yard high and more, with narrow long Leaves finely edged about the edges, standing one above another up to the top. The flowers many and white, standing in Tufts like those of Tarrow; with a small yellow Thrum in the middle. The seed is very small.

**Place.]** The last groweth in Fields by the Hedge sides and Paths, almost every where.

**Time.]** It flowreth at the latter end of June and July.

**Government and Vertues.]** It is under the Government of Mercury, and

Brain purgeth, Agues, flegmatick Humours, Head, Teeth, Distillations of the Brain on the Lungs and Eyes, Coughs, Ptsick, Consumptions, Apoplexy, Falling-sickness, Lethargy, Sneezing, Head-ach, black and blue Spots, Gout, Sciatica.

am persuaded that it is one of the best purgatives of the Brain that grows. An ounce of the taken in a draught of Muskadel an hour before the Fit of the Agues comes, will assuredly drive away the Ague at the second or third time at the furthest. Either the Herb or Root and chewed in the Mouth, purgeth the Brain of flegmatick Humours; thereby not only easing Pains in the Head and Teeth, but also hindring the distilling of the Brain upon the Lungs and Eyes, thereby preventing Coughs, Ptsick, Consumption, the Apoplexy and Falling-sickness.

It is an excellent approved Remedy in the Lethargy. The Powder of Herb or Root being snuffed up the Nostrils, procureth Sneezing, and the Head-ach, being made into an Oyntment with Hogs-grease, it drives away Black and Blew Spots occasioned by Blows or Falls, and helps the Gout and Sciatica.

## Pellitory of the Wall.

**Descript.]** It riseth with many brownish, red, tender, weak, clear, and transparent Stalks, about two foot high, upon which grow several Joynts two Leaves somewhat broad and long of a dark green colour, afterwards turn brownish, smooth on the edges, but rough and hairy as the Stalks are also. At the Joynts with the Leaves from the middle of the Stalks upon which it spreadeth into some Branches, stand many small, pale, purplish Flowers.

airy rough Heads or Husks, after which come small, black and rough Seed, which will stick to any Cloth or Garment that shall touch it. The Root is somewhat long, with many small Fibres thereat, of a dark reddish colour, which abideth the Winter, although the Stalks and Leaves perish and spring fresh every year.

Place.] It groweth wild generally through the Land, about the borders of Fields, and by the sides of Walls, and among Rubbish. It will endure well being brought up into Gardens, and planted on the shady side, where it will spring of its own sowing.

Time.] It flowreth in June and July, and the Seed is ripe soon after.

Government and Virtues.] It is under the Dominion of Mercury. The dried Herb-pellitory made up into an Electuary with Honey, or the Juice of the Herb, or the Decoction thereof made up

with Sugar or Honey, is a singular Remedy for any old or dry Cough, the shortness of Breath, and wheezing in the Throat. Three ounces of the Juice thereof taken at a time, doth wonderfully help stopping of the Urine and to expel the Stone or Gravel in the Kidneys or Bladder, and is therefore usually put among other Herbs, used in Clysters, to mitigate Pains in the Back, Sides, Bowels, proceeding of Wind, stopping of Urine, Gravel or Stone as aforesaid. If the bruised Herb, sprinkled with some Muskadel, be warmed on a Tile, or in a Dish upon a few quick Coals in a Chafing-dish, and applied to the Belly, it worketh the same effect. The Decoction of the

Old or dry Coughs, Shortness of Breath, Stone and Gravel, Mother, Womens Courses, Obstructions, sore Throat, Teeth, Freckles, Wheals, Sun-burn, Morpew, Pain in the Ears, Imposthumes, Burnings & Scaldings, Inflammations, Ulcers, Scabs, falling off of the Hair, Piles, Gout, Fistula's, green Wounds, bruised Tendon or Muscile.

Herb, being drunk, easeth pains of the Mother, and bringeth down Womens Courses, it also easeth those Grievs that arise from Obstructions of the Liver, Spleen, and Reins: The same Decoction with a little Honey added thereto, is good to gargle a sore Throat. The Juice held a while in the Mouth, easeth pains in the Teeth. The distilled Water of the Herb mixed with some Sugar, worketh the same effects, and cleanseth the Skin from Spots, Freckles, Purples, Wheals, Sun-burn, Morpew, &c. The Juice dropped into the Ears, easeth the Noise in them, and taketh away the pricking and shooting Pains therein: The same, or the distilled water, asswageth hot and swelling Imposthumes, Burnings and Scaldings by Fire or Water, as also all other hot Tumors and Inflammations, or breakings out of the Skin, being bathed often with wet Cloths dipped therein. The said Juice made into a Liniment with Ceruss, and Oil of Roses, and anointed therewith, cleanseth foulrotten Ulcers, and stayeth spreading or creeping Ulcers, and running Scabs or Sores in Childrens Heads; and helpeth to stay falling of the Hair from off the Head. The said Ointment, or the Herb applied to the Fundament, openeth the Piles, and easeth their Pains; and being mixed with Goats Tallow, helpeth the Gout; the Juice is very effectual to cleanse Fistula's, and to heal them up safely; or the Herb it self dried and applied with a little Salt. It is likewise so effectual to heal any



green Wound, that if it be bruised and bound thereto for three days, shall need no other Medicine to heal it further. A Pultis made here with Mallows, and boiled in Wine with Wheat-Bran and Bean-Flower and some Oyl put thereto, and applied warm to any bruised Sinew Tendon, or Muscle, doth in a very short time restore them to their strength, taking away the Pains of the Bruises, and dissolveth the congealed Blood coming of Blows, or Falls from high places.

The Juice of Pellitory of the Wall clarified and boiled into a Syrup of Honey, and a spoonful of it drunk every morning by such as are subject to the Dropsie; if continuing that course, though but once a Week, if they have the Dropsie, let them come but to me, and I will Cure them.

### Peny-Royal.

**P**eny-Royal is so well known unto all, (I mean the common kind) that it needeth no Description.

There is a greater kind than the ordinary sort found wild which so abideth being brought into Gardens, and differeth not from it but only in the largeness of the Leaves and Stalks, in rising higher, not creeping upon the Ground so much. The Flowers whereof are purplish growing in Rundles about the Stalks like the other.

*Place.]* The first, which is common in Gardens, groweth also in moist and watry places of this Land.

The second is found wild in *Essex* in divers places by the Highway from London to Colchester, and thereabouts more abundantly than in other Counties, and is also planted in their Gardens in *Essex*.

*Time.]* They flower in the latter end of Summer, about August.

*Government: and Vertues.]* The Herb is under *Venus*. *Dioscorides*

*Tough Flegm, Terms provoked, Dead child and afterbirth, Vomiting, Melancholy, Venemous Beasts, Fainting and Swooning, Gums, Gout, Marks in the Face, Tooth-ach, Pains in the Joints, Headach, Pains of the Belly and Breast, Falling-sickness, Stinking Water, Cramps and Convulsions, Sore Mouth, Jaundice, Dropsie, Pains of the Head and Eye-sight.*

That Peny-royal maketh thin tough Flegm, and warmeth the coldness of any part whereto applied, and digesteth raw or corrupt Matter. Being boiled and drunk it provoketh Women's Courses, and expelleth the Dead Child and afterbirth, and stayeth the disposition to Vomiting, being taken in Water and Vinegar mingled together. And being mingled with Honey and Salt it avoideth Flegm out of the Lungs, purgeth Melancholy by the stool. Drunk in Wine, it helpeth such as are bitten or stung by Venemous Beasts, and applied to the Nostrils with Vinegar, reviveth those that are Fainting and Swooning. Being dried and burnt, it strengtheneth the Gums. It is helpful to those that

troubled with the Gout, being applied of it self to the place until it waxeth dry, and applied in a Plaister, it taketh away Spots or Marks in the Face; applied with Salt it profiteth those that are Splenitick or Liver-grown. The decoction doth help the Itch if washed therewith; being put into Baths for Women, if they sit therein, it helpeth the swelling & hardness of the Mother. The green

mixed and put into Vinegar, cleanseth foul Ulcers, and taketh away the  
 marks of Bruises and Blows about the Eyes, and all discolourings of the Face  
 Fire, yea, and the Leprosie, being drunk and outwardly applied: Boiled  
 Wine with Honey and Salt, it helpeth the Tooth-ach. It helpeth the  
 old Grievs of the Joints, taking away the pains, and warmeth the cold part,  
 being fast bound to the place after a bathing, or sweating in an Hot-house.  
 It addeth, That Peny-royal and Mints together help Fainting or Swoon-  
 ing, being put into Vinegar, and put into the Nostrils to be smelled unto,  
 a little thereof put into the Mouth. It easeth the Head-aches and the  
 pains of the Breast and Belly, stayeth the gnawing of the Stomach, and in-  
 ward pains of the Bowels; being drank in Wine, it provoketh Womens  
 menses, and expelleth the dead Child and After-birth; Being given in  
 Wine, it helpeth the Falling-sickness; Put into unwholsome or stinking  
 Water that men must drink (as at Sea, or where other cannot be had) it  
 makes them the less hurtful; It helpeth Cramps or Convulsions of the Si-  
 ners, being applied with Honey, Salt and Vinegar. It is very effectual  
 for the Cough, being boiled in Milk, and drunk, and for Ulcers and Stores  
 in the Mouth. *Matthiolus* saith, The decoction thereof being drunk, help-  
 eth the Jaundice and Dropsie, and all pains of the Head and Sinews that  
 come of a cold cause, and that it helpeth to clear and quicken the Eye-sight.  
 Applied to the Nostrils of those that have the  
 falling-sickness or the Lethargy, or put into the Mouth, it helpeth them much, being bruised and  
 with Vinegar applied. And applied with Barly-meal, it helpeth burnings  
 by fire, and put into the Ears, easeth the pains of them.

*Lethargy, Burnings.*

### Peony, Masc. and Foemina.

**Descript.]** *Male* Peony riseth up with many brownish Stalks, whereon grow  
 many fair green, and sometimes reddish Leaves, one set against  
 another, upon a stalk without any particular division in the Leaf at all. The Flowers  
 stand at the top of the stalks, consisting of five or six broad Leaves of a fair pur-  
 ple red colour, with many yellow threads in the middle standing about the Head,  
 which after riseth up to be the Seed-Vessels, divided into two, three or four rough  
 naked Pods like Horns, which being full ripe, open and turn themselves down one  
 side to another backward, shewing within them divers round, black shining Seeds,  
 among also many red or crimson grains, intermixed with black, whereby it ma-  
 keth a very pretty shew. The Roots are great, thick and long, spreading and run-  
 ning down reasonable deep in the ground.

The ordinary Female Peony hath many stalks, and more Leaves on them than  
 the Male; the Leaves not so large, but nicked diversly on the edges, some with  
 great and deep, others with smaller cuts and divisions, of a dark or dead green co-  
 lour. The Flowers are of a strong heady scent, most usually smaller, and of a more  
 purple colour than the Male, with yellow Thrums about the head as the Male hath.  
 The Seed-vessels are like horns as in the Male, but smaller; the Seed also is black, but  
 shining. The Roots consist of many thick and short tuberculous Clogs, fastned at the  
 end of long strings, and all from the heads of the Root, which is thick and short,  
 and of the like scent with the Male.

*Place and Time.*] They grow in Gardens, and flower usually about May.  
*Government and Vertues.*] It is an Herb of the Sun, and under the Line  
 Physicians say *Male Peony* Roots are best, but Dr. Reason told me *Male Peony*  
 was best for men, and *Female Peony* for women, and he desires to be judged  
 by his Brother Dr. Experience. The Roots are held to be of more vertue  
 than the Seed; next the Flowers, and last of all the Leaves. The Root

*Falling-sickness.*

the *Male Peony*, fresh gathered, having been  
 found by experience to cure the *Falling-sickness*  
 but the surest way is (besides hanging it about  
 the Neck, by which Children have been cured) to take the Root of the  
*Male Peony* washed clean, and stamped somewhat small, and laid to infuse  
 in Sack for 24 hours at the least; after strain it, and take it first and last  
 morning and evening a good draught for sundry days together before and  
 after a full Moon; and this will also cure older persons, if the Disease be  
 not grown too old and past cure, especially if there be a due and orderly  
 preparation of the Body with Posset-drink made of Bittony, &c. The Root

*Women not cleansed in  
 Child-birth, Mother, Ephe-  
 altes or the Night-mare,  
 Melancholick Dreams.*

is also effectual for women that are not suffici-  
 ently cleansed after Child-birth, and such as are  
 troubled with the Mother; for which likewise  
 the black seed beaten to powder, and given in  
 Wine, is also available. The black Seed also  
 taken before bed-time, and in the morning, is very  
 effectual for such as in their Sleep are troubled with the Disease called  
*Phialtes* or *Incubus*, but we do commonly call it the *Night-Mare*, a Disease  
 which melancholy persons are subject unto; It is also good against  
 melancholick Dreams. The distilled Water, or Syrup made of the Flowers  
 worketh the same effects that the Root and Seed do, although more  
 weakly. The Female is often used for the purposes aforesaid, by reason  
 the Male is so scarce a Plant, that it is possessed by few, and those great  
 Lovers of Rarities in this kind.

### Pepper-wort, or Dittander.

*Descript.*] OUR common Pepper-wort sendeth forth somewhat long and  
 broad Leaves, of a light blewish greenish colour, finely drawn  
 about the edges, and pointed at the ends, standing upon round hard stalks, three  
 four foot high, spreading many branches on all sides, and having many small  
 white Flowers at the tops of them, after which follow small Seed in small  
 Heads. The Root is slender, running much under ground, and shooting up again  
 in many places; and both Leaves and Roots are very hot and sharp of taste  
 like Pepper, for which cause it took the name.

*Place.*] It groweth naturally in many places of this Land, as at *Clare*  
*Essex*; also near unto *Exeter* in *Devonshire*; upon *Rocheſter-Common* in *Kent*  
 in *Lancashire*, and divers other places; but is usually kept in Gardens.

*Time.*] It flowreth at the end of June, and in July.

*Government and Vertues.*] Here's another Martial Herb for you, make  
 much of it. *Pliny* and *Paulus Aegineta* say, That Pepper-wort is very  
 effectual

Anal for the Sciatica, or any other Gout or pain the Joints, or any other inveterate Grief: The leaves hereof to be bruised, and mixed with old hog's-grease, and applied to the place, and to continue thereon four hours in men, and two hours in women the place being afterwards bathed with Wine and Oyl mixed together, and then

*Sciatica, Gout, Joints pained, Discolourings of the Skin, Marks and Scars by Burning, speedy Delivery.*

trapped with Wool or Skins after they have sweat a little. It also amends the deformities or discolourings of the Skin, and helpeth to take away Marks, Scars and Scabs, or the foul Marks of Burning with Fire Iron. The Juice hereof is in some places used to be given in Ale to drink to Women with child, to procure them a speedy delivery in travel,

### Perwinckle.

**Descript.]** **T**HE common sort hereof hath many branches trailing or running upon the ground, shooting out small Fibres at the Joints as it groweth, taking thereby hold in the ground, and rooteth in divers places. At the ends of these Branches stand two small, dark green, shining Leaves, somewhat Bay-leaves, but smaller, and with them come forth also the Flowers (one at a time, standing upon a tender foot-stalk) being somewhat long and hollow, parted at the ends some times into four, sometimes into five Leaves; the most ordinary sort is of a pale blew colour, some are pure white, and some of a dark reddish purple colour. The Root is little bigger than a Rush, bushing in the ground, and creeping out his Branches far about, whereby it quickly possesseth a great compass, and is therefore most usually planted under Hedges, where it may have room to run.

**Place.]** Those with the pale blue, and those with the white Flowers grow in Woods, and Orchards, by the Hedge-sides, in divers places of this Land, but those with the Purple Flowers in Gardens only.

**Time.]** They flower in March and April.

**Temperature and Vertues.]** Venus owns this Herb, Stanch bleeding, Womens Courtes, Flux of the Belly. And faith, That the Leaves eaten by Man and Wife together, cause love between them. The

Perwinckle is a great binder, stayeth bleeding both at Mouth and Nose, if some of the Leaves be chewed: The French use it to stay Womens Courtes. Dioscorides, Galen and Aegineta, commend it against the Lask, and Fluxes of the Belly, to be drunk in Wine.

### St. Peter's Wort.

If Superstition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb (as well as St. John's Wort) had had some other name to be known by: but we may say of our Forefathers, as St. Paul of the Athenians, I perceive that in many things you are too superstitious. Yet seeing it is come to pass, That Custom having got in possession, pleads prescription for the name; I shall let it pass, and come to the description of the Herb, which take as followeth:



**Descript.]** It riseth up with square upright Stalks for the most part, somewhat greater and higher than St. John's Wort (and good reason too, St. Peter being the greater Apostle (ask the Pope else); for though God would have the Saints equal the Pope is of another opinion) but brown in the same manner, having two Leaves at every Joynt, somewhat like, but larger than St. John's Wort, and a little rounder pointed, with few or no holes to be seen therein, and having sometimes some smaller Leaves rising from the bosom of the greater, and sometimes a little hairy also; At the tops of the Stalks stand many Star-like Flowers, with yellow threads in the middle, very like those of St. John's Wort, insomuch that this is hardly discerned from it, but only by the largeness and height, the Seed being also in both. The Root abideth long, sending forth new shoots every year.

**Place.]** It groweth in many Groves, and small low Woods, in divers places of this Land, as in Kent, Huntingdon, Cambridge, and Northampton Shires, as also near Water-courses in other places.

**Time.]** It flowreth in June and July, and the Seed is ripe in August.

**Government and Vertues.]** There is not a straw to chuse between this and St. John's Wort, only St. Peter must have it, lest he should want Pot-herbs; it is of the same property of St. John's Wort, but somewhat weak, and therefore more seldom used. Two drams of the Seed taken at a time in Rhenish water, purgeth Cholerick Humors (as Dioscorides, Pliny and Galen,) and thereby helpeth those that are troubled with the Sciatica: The Leaves are used as St. John's Wort, to help the sore places of the Body that have been burnt with fire.

### Pimpernel.

**Descript.]** Common Pimpernel hath divers weak, square Stalks lying on the ground, beset all along with two small, and almost round Leaves at every Joynt, one against another, very like Chickweed, but hath no forked stalks, for the Leaves, as it were, compass the Stalk: The Flowers stand singly each by themselves at the tops of the Stalks, consisting of five round small pointed Leaves of a fine pale red colour, tending to an Orange, with so many threads in the middle, in whose places succeed smooth round heads, wherein is contained small Seed. The Root is small and fibrous, perishing every year.

**Place.]** It groweth every where almost, as well in the Meadows and Cornfields, as by the Way-sides, and in Gardens, arising of it self.

**Time.]** It flowreth from May unto August, and the Seed ripeneth in the mean time and falleth.

**Government and Vertues.]** It is a gallant Solar Herb. This is of a cleansing and attractive quality, whereby it draweth forth Thorns or Splinters, or other such things gotten into the Flesh, and put up into the Nostrils, purgeth the Head; and Galen saith also they have a drying faculty, whereby they are good to sodder the Lips of Wounds, and to cleanse.

of foul Ulcers. The distilled Water or Juycce is esteemed by French Dames to cleanse the from any roughness, deformity or discolour- thereof. Being boiled in Wine given to it is a good Remedy against the Plague, other Pestilential Fevers, if the Party, after it, lie warm in his Bed, and sweat for two after, and use the same twice at least. It helpeth also all stings and bitings of venomous Beasts or mad Dogs, being used inwardly and outwardly. The same also openeth Obstructions of the Liver, and is available against the infirmities of the Reins; it provoketh Urin, helpeth to expel the stone and gravel out of the kidneys and bladder, helpeth much in all inward Wounds and Ulcers. The decoction or distilled Water is no less effectual to be applied to all Wounds that are red and green, or old filthy fretting and running Ulcers, which it very quickly cureth in short space. A little Honey mixed with the Juice, and dropped into the Eyes, cleanseth them from cloudy Mists, or thick Films that grow over them and hinder the Sight. It helpeth the Tooth-ach, if dropped into the Ear on the contrary side of the Pain. It is also good to ease the Pains of the Hemorrhoids or Piles.

Ground-pine, or Chamepitys.

**O**UR common Ground-pine groweth low, seldom rising above an hand breadth high, shooting forth divers small Branches set with small, long, narrow, grayish or whitish Leaves, somewhat hairy, and divided into three parts, many times many bushing together at a Joynt, and sometimes growing scatteredly upon the stalks, smelling somewhat strong, like unto Roxin; the flowers are somewhat small, and of a pale yellow colour, growing from the joynts in the stalk all along among the Leaves, after which come small and round husks. The Root is small and woody, perishing every year.

It groweth more plentifully in Kent than in any other Country of this Land, as namely in many places on this side Dartford along to South-Chatham and Rochester, and upon Chatham-Down, hard by the Beacon half a Mile from Rochester, in a Field nigh a House called Selsey.

It flowreth and giveth seed in the summer months.

**Goverment and Vertues.]** Mars owns the herb. The Decoction of Ground-pine drunk, doth wonderfully prevail against the strangury, or any inward pains arising from the Diseases of the Reins and Urin, and is especial good for all Obstructions of the Liver, Spleen, and gently openeth the Body; for which purpose they were wont in former times to

use the Pills with the Powder thereof, and the purple Figs. It marvellously cureth all the Diseases of the Mother used inwardly, or applied outwardly, procuring Womens Courses, and expelling the Dead Child After-birth; yea it is so powerful upon those Feminine parts, that it is utterly forbidden for Women with Child, and that it will cause

*Venomous beasts, mad dogs biting, Obstructions, urin, stone, and Gravel, wounds and ulcers, clouds or mists in the eyes, tooth-ach, hemorrhoids.*

*Strangury, Obstructions, Womens Courses, Mother, Dead Child and After-birth.*

cause Abortment or Delivery before the time: It is as effectual also in pains and diseases of the joynts, as gouts, cramps, palsies, sciatica and ach-

*Gouts, Cramps, Palsies, Sciatica, Aches, &c. Dropsie, Poyson of the Aconites, Venomous Creatures, Cold, Cough, Palsie, hard Breast, and hard Swellings, Ulcers, and old Sores, Green Wounds.*

either the Decoction of the herb in wine taken inwardly, or applied outwardly, or both some time together, for which purpose the made with Powder of Ground-Pine, and of modastyls with Venice-Turpentine are very effectual. The Pills also are special good for those that have the Dropsie, to be continued for some time. The same is a special good help for jaundice, and for griping pains of the joynts, both in outward parts; It helpeth also all Diseases

of the Brain, proceeding of cold and flegmatick humors and distillations, also for the falling-sickness. It is a special remedy for the poyson of Aconites of all sorts, and other poysonful herbs, as also against the sting of any venemous creatures; It is a good remedy for a cold cough, especially in the beginning. For all the purposes aforesaid, the herb being tumbled up in new drink and drunk, is almost as effectual; but far more acceptable to weak and dainty stomachs. The distilled water of the herb hath the same effects, but more weakly. The conserve of the flowers doth the like, which *Mathiolus* much commendeth against the palsie. The green herb, the decoction thereof being applied, dissolveth the hardness of women's Breasts, and all other hard swellings in any other part of the body. The green herb also applied, or the juyce thereof with some honey, not only cleanseth putrid stinking, foul and malignant ulcers and sores of all sorts, but healeth and sodereth up the lips of green wounds in any part also.

Let Women forbear if they be with Child, for it works violently upon the feminine part.

### Plantane.

**T**His groweth usually in Meadows and Fields, and by Path-ways, and is so well known that it needeth no description.

*Time.* ] It is in its beauty about June, and the seed ripeneth shortly after.

*Government and Vertues* ] It's true, *Mizaldus* and others, yea almost all Astrologo-Physicians hold this to be an herb of Mars, and they give it as a verisimile of a truth for it too, viz. Because it cures diseases of the head and Privities, which are under the Houses of Mars, Aries and Scorpio. All diseases of the head coming of heat, are caused by Mars, for Venus is made of no such hot metal, or at least deals in inferiour parts. The truth is, it is under the command of Venus, and cures the Head by Antipathy to Mars, and the Privities by Sympathy to Venus; neither is there hardly a martial disease but it cures; If I were to fortifie myself against a martial disease, I would do it by this herb as soon as by any other, and may do it (it may be) when time shall serve.

the juyce of Plantane clarified and drunk  
 divers days together, either of himself or in  
 drink, prevaieth wonderfully against all  
 humors or Excoriations in the Guts or Bowels,  
 with the Distillations of Rheum from the Head,  
 stayeth all manner of Fluxes, even Womens  
 when they flow too abundantly; It is  
 to stay Spitting of Blood and other Bleed-  
 at the Mouth, or the making of foul or  
 ly Water by reason of any Ulcer in the  
 or Bladder, and also stayeth the too free  
 ling of Wounds. It is held an especial Re-  
 for those that are troubled with the Pri-  
 or Consumption of the Lungs, or Ulcers of  
 Lungs, or Coughs that come of Heat. The  
 tion or Powder of the Roots or Seed, is  
 a more binding for all the purposes afore-  
 than the Leaves. *Dioscorides* saith, that  
 the Roots boiled in Wine and taken, helpeth  
 Tertian Ague, and four the Quartan Ague; But  
 ing pass the number as fabulous) I conceive  
 Decoction of divers Roots may be effectual.  
 The Herb (but especially the Seed) is held to be  
 able against the Dropsie, the Falling-sick-  
 the Yellow Jaundice, and stoppings of the  
 and Reins. The Roots of Plantane and Pellitory of Spain, beaten  
 powder, and put into hollow Teeth, taketh away the pains of them;  
 the clarified Juyce or distilled Water dropped into the Eyes; cooleth the  
 inflammations in them, and taketh away the Pin and Web, and dropped  
 into the Ears, easeth pains in them, and helpeth and restoreth the Hearing;  
 the same also with Juyce of Houseleek is profitable against all Inflammations  
 Breakings out of the Skin, and against Burnings and Scaldings by  
 or Water. The Juyce or Decoction made either of it self, or other  
 of like nature, is of much use and good effect for old and hollow  
 that are hard to be cured, and for Cankers and Sores in the Mouth  
 Privy Parts of Man or Woman; and helpeth also the Pains of the Piles  
 the Fundament; The Juyce mixed with Oyl of Roses, and the Temples  
 Forehead anointed therewith, easeth the pains of the Head, proceeding  
 of Heat, and helpeth Lunatick and Phrenetick Persons very much; as  
 the biting of Serpents, or a Mad Dog; The same also is profitably  
 used to all hot Gouts in the Feet or Hands, especially in the beginning.  
 is also good to be applied where any Bone is out of Joynt to hinder  
 inflammations, Swellings, and Pains that presently rise thereupon. The  
 of the dried Leaves taken in Drink, killeth Worms of the Belly;  
 boiled in Wine, killeth Worms that breed in old and foul Ulcers.  
 a part of Plantane Water, and two parts of the Brine of powder'd  
 Beef



Beef boiled together and clarified, is a most sure remedy to heal all springing scabs or itch in the head or body, all manner of tetter, ring-worm, the shingles, and all other running and fretting sores. Briefly, the Plantanes are singular good Wound-herbs to heal fresh or old wounds or either inward or outward.

### Plums.

These are so well known, that they need no description.

*Government and Vertues.*] All Plums are under Venus, and are for women, some better, some worse. As there is great diversity of the kind, so is there in the operation of plums; for some that are sweet moisten

*Open the belly, quench thirst, and bind the belly, procure appetite; allay choler, cool the stomach, rheum, stone, tetter and ring-worms, piles, ulcers, hoarseness and pains in the ears, stone and colick.*

the stomach, and make the belly soluble; those that are sour quench thirst more, and bind the belly. The moist and waterish do soonest corrupt the stomach, but the firm do nourish more and are less; The dried Fruit, sold by the Grocers under the name of Damask Prunes, do somewhat loosen the belly, and being stewed, are often used in health and sickness, to relish the mouth, the stomach, to procure Appetite, and a little to cool the body, allay choler, and cool the stomach.

Plum-Tree. Leaves boiled in wine, are good to wash and gargle the mouth and throat, to dry the flux of rheum coming to the palate, gums, and almons of the ears. The gum of the trees is good to break the stone. The gum or leaves boiled in vinegar and applied, kill tetter and ring-worm. *Matthiolus* saith, The oyl pressed out of the kernels of the stones, as of almons is made, is good against the inflamed piles, the tumors, or swellings of ulcers, hoarseness of the voice, roughness of the tongue and throat, likewise the pains in the ears. And that five ounces of the said oyl taken with one ounce of Muskadel, driveth forth the stone, and helpeth the colick.

### Polipody of the Oak.

*Descript.*] This is a small herb, consisting of nothing but roots and leaves, bearing neither stalk, flower, nor seed, as it is thought. There are three or four leaves rising from the root, every one single by it self, of about a foot length, are winged, consisting of many small narrow leaves, cut into the middle standing on each side of the stalk, large below, and smaller up to the top, not deep or notched on the edges, at all, as the male fern hath, of a sad green colour, smooth on the upper side, but on the under side somewhat rough, by reason of yellowish spots set thereon. The root is smaller than ones little finger, lying and creeping along under the upper crust of the earth, brownish on the out side, and greenish within, of a sweetish harshness in taste, set with certain rough knags on the side thereof, having also much mossiness or yellow hairiness upon it, and some underneath it, whereby it is nourished.

*place.*] It groweth as well upon old rotten stumps, or trunks of Trees, Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, upon old Mud walls, as also in Mossie, Stony and Gravelly places, near Woods: That which grows upon Oaks is accounted the best, but quantity thereof is scarce sufficient for the common use.

*Time.*] It being always green, may be gathered for use at any time.

*Government and Vertues.*] And why, I pray, must Polipodium of the Oak be used? Gentle College of Physicians, can you give me but a glimpse of Reason for it? Is it only because it is dearest? Will you never leave your Covetousness till your lives leave you? The truth is, That which grows upon the Earth is best ('tis an Herb of Saturn, and he seldom climbs trees) to purge Melancholy; if the Humour be otherwise, chuse your Polipodium accordingly. *Mesue* (who is called

the Physicians Evangelist for the certainty of his medicines, and the truth of his Opinion) saith, that it drieth up thin Humours, digesteth thick through, and purgeth burnt Choler, and especially tough and thick Flegm, and thin Flegm, even from the Joints; and is therefore good for those that are troubled with Melancholy, or Quartan Agues, especially if it be taken in Whey Honeyed-water, or in Barley-water, or the flesh of a Chicken with Epithimum, or with Mallowes and Mallows. It is good for the hardness

*Drieth Humours, Purgeth burnt Choler, Flegm, Melancholy, Quartan Agues, Spleen, Colick, troublesome Sleep, Cough, shortness of breath, Wheezings, Lungs, Ptisick, Member out of joint, Polypus, or Disease in the Nose, Chops in the Fingers or Toes.*

of the Spleen, and for Prickings or Stiches in the Sides, as also for the Colic; some use to put to it some Fennel-seeds or Annis-seeds, or Ginger to correct that loathing it bringeth to the Stomach, which is more than needeth; It being a safe and gentle Medicine, fit for all Persons at all seasons, which daily experience confirmeth; and an ounce of it may be given at one time in a Decoction, if there be not Sena, or some other strong purger with it. A dram or two of the Powder of the dried Roots, taken fasting in a Cup of Honeyed-water, worketh gently, and for the purposes foresaid. The distilled Water both of Roots and Leaves, is much commended for the Quartan Ague, to be taken for many days together, as also against Melancholy, or fearful or troublesome Sleeps or Dreams; and with some Sugar-candy dissolved therein, is good against the Cough, shortness of Breath and Wheezings, and those distillations of thin Rheum upon the Lungs, which cause Ptisicks, and oftentimes Consumptions. The fresh Roots beaten small, or the Powder of the dried Roots mixed with Honey, and applied to the Member that is out of joint, doth much help it; Applied also to the Nose, cureth the Disease called *Polypus*, which is a piece of flesh growing therein, which in time stoppeth the passage of breath through that Nostril; and it helpeth those Clefts or Chops that come between the Fingers or Toes.

## The Poplar-Tree.

**T**Here are two sorts of *Poplars*, which are most familiar with us. The *Black* and *White*, both which I shall here describe unto you. **Descript.]** The *White Poplar* groweth great, and reasonable high, and with a thick, smooth, white Bark, especially the Branches, having large Leaves cut into several Divisions almost like a *Vine-leaf*, but not of so deep a green on the upper side, and hoary white underneath, of a reasonable good Scent. The whole representing the form of *Colts-foot*. The *Catkins* which it bringeth forth before the Leaves, are long, and of a faint reddish Colour, which fall away, but seldom good Seed with them. The Wood hercof is smooth, soft, and white, finely waved, whereby it is much esteemed.

The *Black Poplar* groweth higher and straighter than the *White*, with a green Bark, bearing broad and green Leaves, somewhat like *Ivy-leaves*, not cut in the Edges like the *White*, but whole and dented, ending in a point, and not white underneath, hanging by slender long Foot-stalks, which with the Air are continually shaken like as the *Aspin-leaves* are. The *Catkins* hercof are greater than the *White*, composed of many round green Berries, as if they were set together in a long Cluster, containing much downy Matter, which being ripe, is blown away with the Wind. The clammy Buds hercof, before they spread into Leaves, are gathered to make the *Unguentum Populeon*, and are of a yellowish green Colour, and small, somewhat sweet, but strong. The Wood is smooth, tough, and easy to be Cloven; on both these Trees groweth a sweet kind of Musk, which in former times was used to be put into sweet Oynments.

**Place.]** They grow in moist Woods, and by Water-sides in several places of this Land, yet the *White* is not so frequent as the other.

**Time.]** Their time is likewise expressed before: The *Catkins* come forth before the Leaves in the end of Summer.

**Government and Vertues.]** Saturn hath Dominion over both. The *White Poplar*, saith *Galen*, is of a cleansing Property: The weight of one Ounce

*Sciatica*, *Strangury*, *Pain in the Ears*, *dull Sight*, *Gout*, *Falling-sickness*, *Warts*, *Pustles*, & *Wheals*, *Heat and Inflammations*, dryeth *Womens Milk*.

in Powder of the Bark thereof being drunk, saith *Dioscorides*, is a remedy for those that are troubled with the *Sciatica*, or the *Strangury*. The Juice of the Leaves dropped warm into the Ears, cures the pains in them. The young clammy Buds bruised, and a little Honey put to them, is a good Medicine for a dull Sight. The *Black Poplar* is held to

more cooling than the *White*, and therefore the Leaves bruised with *Vinegar*, and applied help the *Gout*. The Seed drunk in *Vinegar* is held good against the *Falling-sickness*. The Water that droppeth from the hollow places of this Tree, taketh away *Warts*, *Pustles*, *Wheals*, and other the like Breakings out of the Body. The young *Black Poplar* Buds, saith *Marsilius*, are much used by Women to beautify their Hair, bruising them with *Butter*, straining them after they have been kept for some time in

The Oyntment called *Populeon*, which is much of this Poplar, is singular for all Heat and Inflammation in any part of the Body, and pererth the Heat of Wounds; It is much used to dry up the Milk in womens Breasts, when they have weaned their Children.

Poppy.

Of this I shall describe three kinds, viz. The White and Black of the Garden, and the Erratick, Wild-Poppy or Corn-Rose.

*Descrip.] The White-Poppy hath at first four or five whitish green Leaves upon the Ground, which rise with the Stalk, compassing it at the bottom of, and are very large, much cut or torn in on the edges, and dented also besides; the Stalk which is usually four or five foot high, hath sometimes no brankes at the bottom, and usually but two or three at most, bearing every one but one head wrapped in a Skin, which boweth down before it be ready to blow, and then rising, and broken, the flower within it spreading it self open, and consisting of four very white, round leaves, with many whitish round threds in the middle, set in a small, round, green Head, having a Crown or Star-like Cover at the Head, which growing ripe, become as large as a great Apple, wherein are contained a great number of small round seeds in several partitions or divisions next the shell, the middle thereof remaining hollow and empty. All the whole, both Leaves, Stalks, and Heads, while they are fresh, young and green, yield when they are broken, of an unpleasant bitter taste, almost ready to provoke vomit, and of a strong heady smell, which being condensate, is called Opium. The Root is white and woody, perishing as soon as it hath given ripe seed.*

*The Black Poppy little differeth from the former, until it beareth his flower, which is somewhat less, and of a black purplish colour, but without any purple in the bottom of the leaf. The Head of the seed is much less than the former, and openeth it self a little round about the top, under the Crown, so that the seed which is very black, will fall out if one turn the Head thereof downward.*

*The Wild Poppy or Corn-Rose, hath long and narrow leaves very much cut in the edges into many divisions, of a light green colour, some time hairy; The stalk is blackish and hairy also, but not so tall as the Garden kind, and some such like leaves thereon as grow below, parted into three or four sometimes, whereon grow small hairy Heads bowing down before the flower, wherein the flower is enclosed; which when it is full blown open, is of a fair yellowish red or crimson colour, and in some much paler, without any in the bottom of the Leaves, having many black soft threds in the middle, compassing a small green head, which when it is ripe, is not bigger than the little Finger's end, wherein is contained much black seed, smaller by much than that of the Garden. The Root perisheth every year, and springeth again of its own sowing. Of this kind, there is one lesser in all the parts thereof, which differeth in nothing else.*



*Place.*] The Garden kinds do not naturally grow wild in any but are all sown in Gardens where they grow.

The *Wild-Poppy* or *Corn-Rose* is plentiful enough, and many times much in the Corn-fields of all Countreies through this Land, and upon Ditch-banks, and by Hedge-sides. The smaller wild kind is found in Corn-fields, and also in some other places, but not so plentiful as the former.

*Time.*] The Garden kinds are usually sown in the Spring, which flower about the end of May, and somewhat earlier, if they spring of own sowing.

The wild kinds flower usually from May until July, and the seed of it is ripe soon after the flowering.

*Government and Vertues.*] The Herb is *Lunar*, and of the Juice is made *Opium*, only for lucre of Money they cheat you, and tell you

*Procure sleep, Catarrhs and Fluxions of Rheum, stayeth Hoarsness, flux of the Belly and Womens Coughs, Inflammations & St. Anthony's Fire, pains in the head, Frenzies, Tooth ach.*

kind of *Tear*, or some such like thing that comes from Poppies when they weep, and that it is where beyond the Seas, I know not where yond the Moon. The Garden-Poppy-heads made into a syrup, is frequently a good effect, used to procure rest and sleep, to the sick and weak, and to stay Catarrhs and Discharges of hot thin Rheums from the Head and Stomach, and upon the Lungs, causing a continual cough, the fore-runner of a consumption; it helpeth also hoarsness of the throat, and when one hath lost their voice, which the oyl of the seed doth likewise. The black seed boiled in Wine and drunk, is said also to stay the flux of the Belly, and Womens Cough. The empty shells or the Poppy-heads are usually boiled in water, and given to procure rest and sleep; so do the Leaves in the same manner, if the Head and Temples be bathed with the Decoction warm, or with the Oyl of Poppies, the green leaves or heads bruised and applied with Vinegar, or made into a Pultis with Barley-meal or Hogs-grease, cureth and tempereth all Inflammations, as also the Disease called *St. Anthony's Fire*. It is generally used in Treacle and Mithridate, and in other Medicines that are made to procure Rest and Sleep, and to ease the pain in the head as well as in other parts. It is also used to cool Inflammations, Agues, or Frenzies, and to stay Fluxions, which cause a Consumption, and also other fluxes of the Belly, or Womens Cough. It is also put into hollow Teeth to ease the pain, and hath been found by experience to ease the pain of the Gout.

The *Wild-Poppy* or *Corn-Rose*, (as *Matthioli* saith) is good to cure the Falling-sickness. The Syrup made of the flower, is with good effect given to them that have the Pleurisie; and the dried flower either boiled in Water, or made into a Pultis, and drunk, either in the distilled water of

*Falling-sickness, Pleurisie, Surfeits, Agues, and Inflammations.*

in some other Drink, worketh the like effect. The distilled Water of Flowers, is held to be of much good use against Surfeits, being drunk morning and morning: It is also more cooling than any of the other Popples, and therefore cannot but be as effectual in hot Agues, Frenzies and other Inflammations either inward or outward, the Syrup or Water to be used therein, or the green Leaves used outwardly either in an Oyntment, as it is in *Populeon*, a cooling Oyntment, or any other ways applied. Men saith, The Seed is dangerous to be used inwardly.

### Purflane.

**G**arden Purflane (being used as a Salad Herb) is so well known, that it needeth no Description; I shall therefore only speak of its Vertues as followeth.

*Government and Vertues.*] 'Tis an Herb of the Moon. It is good to cool heat in the Liver, Blood, Reins and Stomach, and in hot Agues, nothing better: It stayeth hot and cholerick Fluxes in the Belly, Womens Courses, the Whites and Menorrhoea, or Running of the Reins, the Distillation from the Head, and Pains therein, proceeding of Heat, want of Sleep, or the Frenzie. The Seed is more effectual than the Herb, and of singular good use to cool the heat and sharpness of the Urin, and the outrageous Lust of the young, Venereous Dreams, and the like, in so much that the over frequent use hereof, extinguisheth the Heat and Vertue of Natural Procreation. The Seed bruised and boiled in Wine, and given to Children, expelleth the Worms. The Juice of the Herb is held as effectual to all the purposes aforesaid, as also to stay Vomitings, and taken with some Sugar or Honey, helpeth an old dry Cough, shortness of Breath, and the Crick, and stayeth immoderate Thirst. The distilled Water of the Herb is used by many (as more pleasing) with a little Sugar to work the same effects. The Juice also is singular good in the Inflammations, and Ulcers in the Secret Parts in Man or Woman, as also the Bowels and Hemorrhoids, when they are Ulcerous, or Excoriations in them: The herb bruised and applied to the Forehead and Temples, allays excessive Heat therein, hindring Rest and Sleep; and applied to the Eyes, taketh away the Redness and Inflammation in them, and those other parts where Pusshes, Boils, Pimples, *St. Anthony's Fire*, and the like, break forth; especially if white Vinegar be put to it; and being laid to the Neck with as much of Linseed together, taketh away the Pains therein, and the Crick in the Neck. The Juice is used with Oyl of Roses for the said Causes, or

*Cooleth Heat of Blood in hot Agues, Cholerick Fluxes, Womens Courses, the Whites & Menorrhoea, Distillations, Frenzie, Heat of Urin, Lust and Venereous Dreams, Worms, Vomiting, old, dry Cough, short Breath and Ptsick, Ulcers in the secret Parts, Redness of the Eyes, and Inflammations, Crick or Pain in the Neck, Blasting by Lightning, burnings by Gunpowder, Sore Breasts, Childrens Navels, Soare Mouth, and swollen Gums, fastneth Teeth, Tooth-ach, Blood, Urin, Gout, Cramp, and Stiffness of the Sinews.*

for Blastings by Lightning, and Burnings by Gunpowder, or for Women's sore Breasts, and to allay the Heat in all other Sores or Hurts; applied also to the Navels of Children that stick forth, it helpeth them; it is also good for sore Mouths and Gums that are swollen, to fasten loose Teeth, *Camerarius* saith, That the distilled Water used by some, took away the Pain of their Teeth, when all other Remedies failed, and that the thickned Juice made in Pills with the Powder of Gum-Tragacanth and Arabick, being taken, prevaileth much to help those that make a bloody Water. Applied to the Gout, it easeth pains thereof, and helpeth the hardness of the Sinews, if it come not of the Cramp, or a cold Cause.

### Prim-Roses.

**T**hey are so well known, that they need no Description. Of the Leaves of Prim-Roses is made a fine Salve to heal Wounds as any is that know; you shall be taught to make Salves of any Herb at the latter end of the Book, make this as you are taught there, and do not (you that have any Ingenuity in you) see your poor Neighbours go with wounded Limbs, when a half-penny cost will heal them.

### Privet.

**Descript.]** **O**UR common Privet is carried up with many slender Branches to a reasonable height and breadth to cover Arbors, Bowers, and Banqueting-Houses, and brought, wrought, and cut into many Forms of Horses, Birds, &c. which though at first supported, groweth afterwards free of it self: It beareth long and narrow green Leaves by couples, and sweet smelling white Flowers in Tufts at the ends of the Branches, which turn into small black Berries that have a purplish Juice with them, and some Seeds that are flat on the one side, with a hole or dent therein.

**Place.]** It groweth in this Land in divers Woods.

**Time.]** Our Privet flowreth in June and July; the Berries are ripe in August and September.

**Government and Vertues.]** The Moon is Lady of this. It is little used

*Lotions to Wash sore Mouths, Throats, cool Inflammations, dry Fluxes, Inflammation in Wounds, Head-ach, Fluxes and Womens Courses, Voiding Blood, Rheum in the Eyes.*

Physick with us in these times, more than in former times. It serveth to all the uses for the which *Martius* saith, It serveth to all the uses for the which *Cypres* or the East Privet is appointed by *Diopiscrides* and *Galen*. He further saith, That the Oil that is made of the Flowers of Privet infused therein, and set in the Sun, is singular good for the Inflammations of Wounds, and for the Head-ach

ach coming of an hot Cause. There is a sweet Water also distilled from the Flowers, that is good for all those Diseases that need cooling and drying, and therefore helpeth all Fluxes of the Belly or Stomach, Bloody Fluxes, and Womens Courses, being either drunk or applied; as also for those that void Blood at their Mouth, or any other place; and for Distillations of Rheum in the Eyes, especially if it be used with *Tucia*.

Queen of the Meadows, Meadow-Sweet, or Mead-Sweet.

**Descript.]** THE Stalks of this are reddish, rising to be three foot high, sometimes four or five foot, having at the Joynts thereof large winged leaves, standing one above another at distances, consisting of many and somewhat broad Leaves, set on each side of a middle Rib, being hard, rough or rugged, crumpled much like unto Elm-leaves, having also some smaller Leaves with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and grayish underneath, of a pretty sharp scent and taste, somewhat like unto Burnet, and a Leaf hereof put into a Cup of Claret-wine, giueth also a fine relish to it: At the tops of the Stalks and Branches stand many buds of small white Flowers thrust thick together, which smell much sweeter than the Leaves: and in their places being fallen, come crooked and cornered Seeds. The Root is somewhat woody, and blackish on the out-side, and brownish within, with diuers greater Strings, and lesser Fibres set thereat, of a strong scent, but nothing so pleasant as the Flowers and Leaves, and perisbeth not, but abideth many years, shooting forth anew every Spring.

**Place.]** It groweth in moist Meadows, that lye much wet, or near the Courses of Water.

**Time.]** It flowreth in some place or another all the three Summer Months, that is June, July, and August, and their Seed is ripe quickly after.

**Government and Vertues.]** Venus claims Dominion over the Herb. It is said to stay all manner of Bleedings, Fluxes,

Vomitings, and Womens Courses, as also their Whites: It is said to alter and take away the Pus of Quartan Agues, and to make a merry heart, for which purpose some use the Flowers, and some the Leaves. It helpeth speedily those that are troubled with the Colick, being boiled in Wine, and with a little Honey taken warm, it openeth the Belly, but boiled in red Wine and drunk, it stayeth the Flux of the Belly. Be-

Bleeding, Fluxes, Vomiting, Womens courses and the White, Quartan Agues, Colick, Opens the Belly, Old Ulcers, healeth sore Mouths or Secrets, raise Blisters, Inflammations in the Eyes.

ing outwardly applied, it healeth old Ulcers that are Cankorous or eaten, hollow and fistulous, for which it is by many much commended, as also for the Sores in the Mouth, or Secret Parts. The Leaves, when they are full grown, being laid upon the Skin, will in a short time raise blisters thereon, as *Tragus* saith. The Water thereof helpeth the Heat and Inflammation in the Eyes.

The Quince-Tree.

**Descript.]** THE ordinary Quince-Tree groweth often to the height and bigness of a reasonable Apple-Tree, but more usually lower and shaded, with a rough Bark, spreading Orms and Branches far abroad. The Leaves are somewhat like those of the Apple-Tree, but thicker, broader, and fuller of Veins, whiter on the under side, not dented at all about the edges. The Flowers ar-



large and white, sometimes dash'd over with a blush. The fruit that followeth yellow, being near ripe, and covered with a white Freeze or Cotton, thick set the younger, and growing less as they grow to be through ripe, bunched out often times in some places, some being like an Apple, and some a Pear, of a strong head scent, and not durable to keep, and is sowre; harsh, and of an unpleasant taste to eat fresh; but being scalded, roasted, baked, or preserved, becometh more pleasant.

*Place and Time.*] It best likes to grow near Ponds and Water-sides, and is frequent through this Land; and flowreth not until the Leaves be come forth. The Fruit is ripe in September or October.

*Government and Vertues.*] Old Saturn owns the Tree. Quinces when they are green, help all sorts of Fluxes in Man or Woman, and Cholerick Lasks, Castings, and whatever needeth astringent more than any was prepared by Fire; yet the Syrup of the Juice or the Conserve, are much conducing, much of the binding quality being consumed by the Fire. If a little Vinegar be added, it stirreth up the languishing Appetite, and the Stomach given a Casting; some Spices being added, it comforteth and strengtheneth the decayed and fainting Spirits, and helpeth the Liver oppressed, that it cannot perfect the Digestion, or correcteth Choler and Flegm: if you would have them purging, put Honey to them instead of Sugar; and if more Laxative, for Choler, Rubarb; for Flegm, Turbith; for watry Humours, Scammony; but if more forcibly to bind, use the unripe Quinces, with Rose and Acacia, Hypocistis, and some torrified Rubarb. To take the crude Juice of Quinces, is held a preservative against the force of deadly Poyson; for it hath been found most certain true, That the very smell of a Quince hath taken away all the strength of the Poyson of White Hellebore. If there be need of any outward binding and cooling of any hot Fluxes, the Oile of Quinces, or other Medicines that may be made thereof, are very available to anoint the Belly, or other parts therewith; it likewise strengtheneth the Stomach and Belly; and the Sinews that are loosned by sharp Humours falling on them, and restraineth immoderate Sweatings. The Mucilage taken from the Seeds of Quinces, and boiled in a little Water, is very good to cool the heat, and heal the Sore Breasts of Women. The same with a little Sugar is good to lenifie the harshness and hoarseness of the Throat, and roughness of the Tongue. The Cotton or Down of Quinces boiled and applied to Plague-sores, healeth them up; and laid as a Plaister made up with Wax, it bringeth hair to them that are bald, and keepeth it from falling, if it be ready to shed.

### Rhadish, and Horse-Rhadish.

**T**HE Garden-Rhadish is so well known, that it needeth no Description. *Descript.*] The Horse-Rhadish hath his first Leaves that rise before Winter, about a foot and half long, very much cut in or torn on the edges into many parts, of a dark green colour, with a great Rib in the middle, after these have be-

a while, others follow which are greater, rougher, broader and longer, whole and not divided at the first, but only somewhat roundly dented about the edges; The stalk when it beareth flowers (which is but seldom) is great, rising up with some few lesser leaves thereon to three or four foot high, spreading at the top many small branches of whitish flowers, made of four leaves a piece; after which come small buds, like those of Shepherds purse, but seldom with any seed in them. The root is great, long, white and rugged, shooting up divers heads of leaves, which may be parted for increase, but it doth not creep within Ground nor run above Ground, and is of a strong, sharp and bitter taste, almost like mustard.

**Place.** ] It is found wild in some places of this Land, but is chiefly planted in Gardens where it joyeth in moist and shadowy places.

**Time.** ] It flowreth but but seldom, but when it doth, it is in July.

**Government and Vertues.** ] They are both under Mars. The juyce of Horse-Radish given to drink, is held to be very

effectual for the scurvy. It killeth the worms Scurvy, worms, sciatica, Children being drunk, and also laid upon the liver and spleen.

elly. The root bruised and laid to the place relieved with the sciatica, joynt-ach, or the hard swellings of the liver and spleen, doth wonderfully help them all. The distilled water of the herb and roots, is more familiar to be taken with a little sugar for all the purposes aforesaid.

Garden-Rhadieshes are in wantonness by the Gentry eaten as Salad. but they breed but scurvey humours in the stomach, end corrupt the blood, and then send for a Physitian as fast as you can; this is one cause makes the owners of such nice Palats so unhealthful; yet

for such as are troubled with the Gravel, Stone Stone, Dysury.

Stoppage of Urin, they are good Physick if the body be strong that takes them; You may make the juyce of the roots into a syrup if you please for that use; They purge by Urin exceedingly.

### Rag-wort

It is called also St. James-wort, Stagger-wort and Stammer-wort, and Seg-rum.

**Descript.** ] The greater common Rag-wort hath many large, and long, dark, green leaves lying on the ground, very much rent and torn on the sides into many pieces; from among which rise up sometimes but one, and sometimes two or three square or crested blackish or brownish stalks three or four foot high, sometimes branched, bearing divers such like leaves upon them, at several distances unto the top, where it brancheth forth into many stalks, bearing yellow flowers, consisting of divers leaves set as a pale or border, with a dark yellow thrum in the middle, which do abide a great while, but at last are turned into down, and with the small blackish gray seed are carried away with the wind. The root is made of many fibres, whereby it is firmly fastened into the Ground, and abideth many years.

There is another sort hereof different from the former only in this, That it

riseth not so high; the Leaves are not so finely jagged, nor of so dark a green colour, but rather somewhat whitish, soft and woolly, and the Flowers usually pale. Place.] They grow both of them wild in Pastures, and untilled Grounds in many places, and oftentimes both in one Field.

Time.] They flower in June and July, and the Seed is ripe in August.

Government and Vertues.] Rag-wort is under the command of Dame Venus

Sore Mouth or Throat,  
Swellings & imposthumes,  
Quinzie, and Kings-Evil,  
Catarrhs and Defluxions,  
Green Wounds, and Ulcers  
in the Privy Parts, running  
Cankers and hollow  
Fistulae, Aches & Pains,  
Sciatica.

and cleanseth, digesteth and discusseth. The Decoction of the Herb is good to wash the Mouth or Throat that hath Ulcers or Sores therein, and for Swellings, Hardness or Imposthumations; for it thoroughly cleanseth and healeth them; also the Quinzie, and the Kings-Evil: It helpeth to stay Catarrhs, thin Rheums, and Defluxions from the Head into the Eyes, Nose or Lungs. The Juyce is found by experience to be singularly good to heal green Wounds, and to cleanse and heal all old and filthy Ulcers in the Privities

and in other parts of the Body, as also inward Wounds and Ulcers, stayeth the malignity of fretting and running Cankers, and hollow Fistulae, not suffering them to spread further. It is also much commended to help Aches and Pains either in the fleshy part, or in the Nerves and Sinews; as also the Sciatica, or Pain of the Hips or Huckle-Bone, to bathe the place with the Decoction of the Herb, or to anoint them with an Ointment made of the Herb, bruised and boiled in old Hogs suet with some Mastick and Olibanum in Powder added unto it after it is strained forth.

In Sussex we call it Rag-weed.

## Rattle-grass.

OF this there are two kinds which I shall speak of, viz. The Red and Yellow.

Descript.] The common Red-Rattle hath sundry reddish hollow Stalks, and sometimes green, rising from the Root, lying for the most part on the Ground, some growing more upright, with many small reddish or green Leaves set on both sides of a middle Rib, finely dented about the edges: The Flowers stand at the tops of the Stalks and Branches, of a fine purplish red colour, like small gaping Hoods; after which come flat blackish Seed in small Husks, which lying loose therein, will rattle with shaking. The Root consists of two or three small whitish Strings with some Fibres thereat.

The common Yellow-Rattle hath seldom above one round green Stalk rising from the Root, about half a yard or two foot high, and but few Branches thereon, having two long, and somewhat broad Leaves set at a Joyn, deeply cut in on the edges, resembling the Comb of a Cock, broadest next to the Stalk, and smaller to the end: The Flowers grow at the tops of the Stalks with some shorter Leaves with them, hooded after the same manner that the others are, but of a fair yellow colour, or in some paler, and in some more white. The Seed is contained in large

*Large Husks, and being ripe will rattle, or make a noise with lying loose in the mouth. The root is small and slender, perishing every year.*  
*Place.]* They grow in Meadows and Woods, generally through this Land.

*Time.]* They are in flower from Midsummer until August be past sometimes.

*Government and Vertues.]* They are both of them under the dominion of the Moon. The Red Rattle is accounted profitable to heal up Fistulaes, and hollow Ulcers, to stay the Flux of Humours to them, as to the abundance of Womens Courses, or any other Flux of Blood, being boiled in red Wine and drunk.

*Fistulaes, and hollow Ulcers, Womens Courses, Fluxes.*

The Yellow-Rattle, or Cocks-Comb is held to be good for those that are troubled with a Cough, Dim-sight, or dimness of sight, if the Herb being boiled with Beans, and some Honey put thereto, be drunk, or dropped into the Eyes. The whole Seed being put into the Eyes, draweth forth any skin, dimness, or film from the sight without trouble or pain.

### Rest-Harrow, or Cammock:

*Script.]* Common Rest-Harrow riseth up with divers rough woody twigs, half a yard, or a yard high, set at the Joins without order, with little roundish leaves, sometimes more than two or three at a place, of a dark green colour, without Thorns while they are young, but afterwards armed in sundry places with short and sharp Thorns. The Flowers come forth at the tops of the Twigs and Branches, whereof it is full, fashioned like Pease or Broom-sprigs, but lesser, flatter and somewhat close, of a faint purplish colour; after which come small Pods, containing small flat and round Seed: The root is blackish on the outside, and whitish within, very rough, and hard to break when it is fresh and green, and as hard as an Horn when it is dried, thrusting down deep into the ground, and spreading likewise, every piece being apt to grow again if it be left in the ground.

*Place.]* It groweth in many places of this Land, as well in the Arable as in waste ground.

*Time.]* It flowreth about the beginning or middle of July, and the Seed is ripe in August.

*Government and Vertues.]* It is under the dominion of Mars. It is singularly good to provoke Urin when it is stopped,

and to break and drive forth the Stone, which is cured by the Powder of the Bark of the Root taken in Wine performeth effectually. *Mathiolus* saith, The same helpeth the Disease called *Hernia Carcinosa*, the fleshy Rupture, by taking the said Powder for some Months together constantly, and that it hath cured some

*Urin stopped, Stone, fleshy Rupture, Tooth-ach, Liver and Spleen, Obstructed Ulcers.*



which seemed incurable by any other means than by cutting or burning. The decoction thereof made with some Vinegar, and gargled in the mouth easeth the Tooth-ach, especially when it comes of Rheum; and the said decoction is very powerfull to open obstructions of the Liver and Spleen and other parts. A distilled Water made in *Balneo Maria* with four pound of the Root hereof first sliced small, and afterwards steeped in a gallon of Canary Wine, is singular good for all the purposes aforesaid, and to cleanse the Passages of the Urin. The Powder of the said Root made into an Electuary, or Lozenges with Sugar, as also the Bark of the fresh Root boiled tender, and afterward beaten into a Conserve with Sugar, worketh the like effect. The Powder of the Roots strewed upon the brims of Ulcers, or mixed with any other convenient thing and applied, consumeth the hardness, and causeth them to heal the better.

### Rocket.

**I**N regard the Garden-Rocket is rather used as a Salad Herb, than for any Physical purposes, I shall omit it, and only speak of the common wild Rocket: The description whereof take as followeth:

**Descript.]** *The common wild Rocket hath longer and narrower Leaves, much more divided into slender cuts and jags on both sides the middle Rib than the Garden kinds have, of a sad over-worn green colour, from among which rise up divers stalks two or three foot high, sometimes set with the like Leaves but smaller and smaller upwards, branched from the middle into divers stiff stalks, bearing sundry yellow Flowers on them made of four Leaves apiece, as the other, are, which afterwards yield them small reddish Seed, in small long Pods of a more bitter and hot biting taste than the Garden kinds as the Leaves are also.*

**Place.]** It is found wild in divers places of this Land.

**Time.]** It flowreth about June or July, and the Seed is ripe in August.

**Government and Vertues.]** The wild Rockets are forbidden to be used alone, in regard their sharpness fumeth into the Head, causing Ach and Pain therein: and are no less hurtful to hot and cholerick Persons, for fear of inflaming their Blood; and therefore for such we may say a little doth but a little harm, for angry Mars rules them, and he sometimes will be testy when he meets with Fools. The wild Rocket is more strong and effectual to encrease Sperm and Venereous qualities, whereunto all the Seed is more effectual than the Garden kinds: It serveth also to help digestion, and provoketh Urin exceedingly. The Seed is used to cure the Bitings of Serpents, the Scorpion and the Shrew-Mouse, and other Poysons, and expelleth Worms, and other noisome Creatures that breed in the Body.

The Herb boild or stewed and some Sugar put thereto, helpeth the Cough in Children, being taken often. The Seed also taken in drink, taketh away the ill scent of the Arm-pits, encreaseth Milk in Nurses, and wasteth the Spleen. The Seed mixed with Honey, and used on the Face cleanseth the

from Morpew, and other discolourings therein; and used with  
gar, taketh away Freckles and Redness in the Face or other parts;  
with the Gall of an Ox, it amendeth foul Scars, black and blue Spots,  
the marks of the Small Pox.

Winter-Rocket, or Cresses.

cript.] **W**inter-Rocket, or Winter-Cresses, have divers somewhat large  
sad green Leaves lying upon the ground, torn or cut into divers  
somewhat like unto Rocket or Turnip-leaves, with smaller pieces next the bot-  
and broad at the ends, which so abide all Winter (if it spring up in Autumn,  
it is used to be eaten) from among which riseth up divers small round stalks  
of Branches, bearing many small yellow Flowers of four Leaves apiece, after  
come small Pods with reddish Seed in them. The Root is somewhat stringy,  
perisheth every year after the Seed is ripe.

loc.] It groweth of its own accord in Gardens and Fields by the Way-  
in divers places, and particularly in the next Pasture to the Conduit-  
behind Grays-Inn, that brings water to Mr. Lamb's Conduit in Holborn.

loc.] It flowreth in May, and seedeth in June, and then perisheth.

Government and Vertues.] This is profitable to provoke Urin, and helpeth  
Strangury, and to expel Gravel and the

It is also of good effect in the Scurvy. It *Strangury, Gravel and*  
found by experience to be a singular good *Stones, Scurvy, Wounds,*  
and-herb, to cleanse inward Wounds: the *Ulcers and Sores.*  
or Decoction being drunk, or outwardly  
used to wash foul Ulcers and Sores, cleansing them by sharpness, and  
drawing or abating the dead Flesh from growing therein, and healing  
by the drying quality.

Roses.

Hold it altogether needless to trouble the Reader with a description of  
any of these, sith both the Garden-Roses and the Wild-Roses of the  
are well enough known; take therefore the vertue of them as fol-  
loweth; And first I shall begin with the Garden kinds.

Government and Vertues.] What a pother have Authors made with  
this? What a racket have they kept? I shall add, red roses are under  
the star, damask under Venus, and white under the Moon, and Provence  
under the King of France. The white and red Roses are cooling and  
drawing, and yet the white is taken to exceed the red in both the proper-  
ties, but is seldom used inwardly in any Medicine; The bitterness in the  
of them when they are fresh, especially the Juice,

causeth Choler, and watry Humours; but be-  
cause they are dried, and that heat which caused the bitter-  
ness being consumed, they have then a binding  
and astringent quality; Those also that are not  
full-blown, do both cool and bind more than  
those that are full-blown, and the white Rose  
more than the red. The decoction of red Ro-

*Choler and waterish Hu-  
mours, Head-ach, Pains  
in the Ears, Eyes, Throat  
and Gums, Fundament,  
Bowels, and Matrix, St.  
Anthony's Fire, Stomach*

*Womens Courses, Defluxions, fastness Teeth, Lash, and spitting of blood, heat and inflammations, rest and sleep, whites and reds in Women, Choler and Flegm, redness and watering in the Eyes.*

ses made with Wine and used, is very good for the Head-ach, and pains in the Eyes, Ears, Throat, and Gums, as also for the Fundament, the lower parts of the Belly, and the Matrix, being beat or put into them. The same decoction with Red Roses remaining in it, is profitably applied to the region of the Heart to ease the inflammation therein; as also St. Anthony's Fire, and other diseases of the Stomach. Being dried and beaten

powder, and taken into steeled Wine or Water, it helpeth to stay Womens Courses. The yellow threds in the middle of the red Roses (which are erroneously called the Rose-seed) being powdered, and drunk in the distilled water of Quinces, stayeth the overflowing of womens Courses, and wonderfully stay the defluxions of Rheum upon the Gums and Teeth, serving them from corruption, and fastning them if they be loose, being washed and gargled therewith, and some Vinegar of Squills added thereunto. The heads with the Seed being used in powder, or in a decoction, stay the Lash and spitting of blood. Red Roses do strengthen the Heart, Stomach, and the Liver, and the retentive Faculty: They mitigate the pains that arise from heat, assuage inflammations, procure rest and sleep, stay both whites and reds in women, the Gonorrhea, or Running of the Reins, and the Fluxes of the Belly; the Juice of them doth purge and cleanse the Body from Choler and Flegm. The husks of the Roses, with the beards and nails of the Roses, are binding and cooling, and the distilled water of either of them is good for the heat and redness in the Eyes, and to stay and dry up the Rheums and watering of them. Of the Red Roses are usually made many Compositions, all serving to sundry purposes, viz. Electuary of Roses, Conserve, both moist and dry, which is usually called Sugar of Roses, Syrup of dried Roses, and honey of Roses. The Cordial Powder called *Diarrhoden Abbatis*, and *Aromatica Rosarum*. The distilled water of Roses, Vinegar of Roses, Ointment, and Oil of Roses, and the Rose-leaves dried, which although no Composition, yet of a very great use and effect. To write at large of every one of these, would make my Book swell too big, it being sufficient for a Volume of it to speak fully of them. But briefly, the Electuary is purging, when two or three drams taken by it self in some convenient Liquor, is a Purge

*A Purge for Choler, hot Fevers, Pains of the Head, heat of the Eyes, Jaundice, & Joint-aches, Distillations and Defluxions of Rheum, Fluxes and Lasks, Running of the Reins, Faintings, Swellings, and Tremblings of*

sufficient for a weak Constitution; but may be increased to six drams, according to the strength of the Patient. It purgeth Choler without trouble, and is good in hot Fevers, and Pains of the Head arising from hot cholerick Humours, and heat in the Eyes, the Jaundice also, and Joint-aches proceeding of hot humours. The moist Conserve is of much use, both binding and Cordial; for until it be about two years old, it is more binding than Cordial, and after that, more

than binding. Some of the younger Con-  
saken with *Misbridatum* mixed together, is  
for those that are troubled with distillati-  
of Rheum from the Brain to the Nose, and  
ions of Rheum into the Eyes; as also for  
and Lasks of the Belly; and being mixed  
the Powder of Mastich, is very good for the  
ing of the Reins, and for the Looseness of  
ours in the Body. The old Conserve mix-  
with *Aromaticum Rosatum*, is a very good Cor-  
against Faintings, Swoonings, Weakness and

blings of the Heart, strengthening both it and a weak Stomach, help-  
Digestion, stayeth Casting, and is a very good preservative in the time  
fection. The dry Conserve, which is called Sugar of Roses, is a very  
Cordial to strengthen the Heart and Spirits; as also to stay De-fluxi-  
The Sirup of dried red Roses strengtheneth a Stomach given to Cast-  
cooleth an over-heated Liver, and the Blood in Agues, comforteth the  
st, and resisteth Putrefaction and Infection, and helpeth to stay Lasks  
Fluxes. Honey of Roses is much used in Gargles and Lotions to wash  
e, either in the Mouth, Throat, or other parts, both to cleanse and  
them, and to stay the Fluxes of Humours falling upon them. It is also  
in Clusters both to cool and cleanse. The Cordial Powder, called *Di-*  
*Abbas* and *Aromatica Rosarum*, do comfort and strengthen the  
and Stomach, procure an Appetite, help Digestion, stay Vomiting; and  
very good for those that have slippery Bowels to strengthen them, and  
up their moisture. Red Rose-water is well known, and of a familiar  
all occasions (and better than Damask Rose-water) being cooling and  
ial, refreshing, quickning the weak and faint Spirits, used either in  
or Broths, to wash the Temples, to smell to at the Nose, or to smell  
Sweet Vapours thereof out of a Perfuming-pot, or cast into a hot Fire-  
It is also of much good use against the redness and inflammations of  
eyes to bathe them therewith, and the Temples of the Head, also against  
and Ach, for which purpose also Vinegar of Roses is of much good  
and to procure rest and sleep, if some thereof,

Rose-water together be used to smell unto, *Procure Sleep.*  
the Nose and Temples moistned therewith,  
more usually to moisten a piece of a red Rose-cake cut fit for the pur-  
and heated between a double folded Cloth, with a little beaten Nut-  
and Poppy-seed strewed on the side that must lie next to the Fore-  
and Temples, and bound so thereto for all  
The Ointment of Roses is much used a-  
Heat and Inflammations in the Head, to  
the Forehead and Temples, and being  
with *Unguentum Populeon*, to procure rest;  
also it is used for the heat of the Liver, of the  
and Reins, and to cool and heal Pushes, Wheals, and other red Pim-  
ples

the Heart, helpeth Dige-  
stion, stayeth Casting, In-  
fection, cooleth the Liver  
and Blood, resisteth Putre-  
faction, and Infection, sore  
Mouths, Throats, &c.  
Comforts the Heart and  
Stomach, stay Vomiting,  
faint Spirits, redness of  
the Eyes.

Heat of the Liver, Back  
and Reins, Pushes, Wheals  
and Pimples, Fluxes of  
Humours.



ples rising in the face or other parts. Oyl of Roses is not only fit it self to cool any hot swellings or Inflammations, and to bind and fluxes of humours unto fores, but is also put into oyntments and plasters that are cooling and binding, and restraining the flux of humours. The dried leaves of the red roses, are used both inwardly and outwardly both cooling, binding, and cordial, for with them are made both *Aspicum Rosarum*, *Diarrhodon Abbatis*, and *Saccarum Rosarum*, each of whose properties are before declared. Rose leaves and Mints heated and applied outwardly to the stomach, stay castings, and very much strengthen a weak stomach; and applied as a fomentation to the

*Weak stomach, purgeth choler, bind the belly, melancholick humours, leprosie, itch, tetters, French-Pox, open the belly.*

Region of the Liver and Heart, do much cool and temper them, and also serve instead of a Rose-Cake (as is said before) to quiet the over-heated spirits, and cause rest and sleep. The simple Damask-Roses is both simple and compound, made with Agarick. The simple solutive syrup, is a familiar, safe, gentle and easie medicine, purging choler, from one ounce to three or four; yet this is remarkable herein, that the distilled water of this syrup should notably bind the belly; The simple with Agarick is more strong and effectual, for one ounce thereof self will open the body more than the other, and worketh as much flegm as choler. The compound syrup is more forcible in working on melancholick humours. and available against the leprosie, itch, tetters, and the French Disease: also honey of roses solutive is made of the infusions that the syrup is made of, and therefore worketh the same effect both opening and purging, but is oftner given to flegmatick than choleric persons, and is more used in clysters than in potions, as the simple made with sugar is. The conserve and preserved leaves of these roses are also operative, in gently opening the belly.

The simple water of the Damask Roses is chiefly used for fumes and sweeten things, as the dried leaves thereof to make sweet Powders, and sweet Bags, and little use they are put to in Physick, although they have some purging quality; the wild Roses also are few or none of them used in Physick, but are generally held to come near the nature of the manna

*Bind the belly, and stay defluxions, whites in women, stone, provokes urin, colick, worms.*

Roses. The Fruit of the wild Briar, which is called Hops, being thoroughly ripe, and made into a conserve with sugar, besides the pleasantness of the taste, doth gently bind the belly, and stay defluxions from the head upon the stomach, by drying up the moisture thereof, and helping digestion. The Pulp of the Hops dried into a hard Consistence like to the juyce of liquorish, or so dried that it may be made into Powder, and taken in drink, stayeth speedily the whites in women. The Briar Ball is often used, being made into Powder and drunk to break the stone, to provoke Urin when it is stopped, and to ease and help the colick, some point it to be burnt, and then taken for the same purpose. In the

the Balls are often found certain white Worms, which being dried made into Powder, and some of it drunk, is found by experience of to kill and drive forth the Worms of the Belly.

## Rosa-Solis, or Sun-Dew.

**U**pt.] It hath divers small, round, hollow leaves, somewhat greenish, but full of certain red hairs, which make them seem red, every one lying upon his own foot-stalks, reddish, hairy likewise. The leaves are continuing moist in the hottest day, yea, the hotter the Sun shines on them, the moister they are, with a certain sliminess that will rope (as we say), the small hairs all holding this moisture. Among these leaves rise up small slender stalk, reddish three or four fingers high, bearing divers small white knobs one above another, these are the Flowers; after which, in the heads are contained small seeds. The leaves have a few small Hairs.

**Place.]** It groweth usually in Bogs and in wet places, and sometimes in moist Woods.

**Time.]** It flowreth in June, and then the leaves are fittest to be gathered.

**Government and Vertues.]** The Sun rules it, and 'tis under the Sign Cancer. Rosa Solis is accounted good to help those that have a salt rheum distilled on the Lungs, which breedeth a Consumption, and therefore the distill'd water thereof in Wine, is held fit and profitable for such to drink, which will be of a good yellow colour. The

water is held to be good for all other Diseases of the lungs, as prisicks, wheezings, shortness of breath, or the cough; as also to heal the ulcers that happen in the lungs; and it comforteth the weak and fainting spirits. The leaves outwardly applied to the Skin, will raise Blisters, which have caused some to think it dangerous to be taken inwardly; but there are other things which

also draw Blisters, yet nothing dangerous to be taken inwardly. There is an usual drink made thereof with Aqua Vita and Spices frequently used without any offence or danger, but to good purpose used in Calms and Passions of the Heart.

*Distillations of Rheum, Prisick, Wheezings, Shortness of Breath, Cough, Ulcers in the Lungs, comforts the Heart, raises Blisters, Passions of the Heart.*

## Rosemary.

**OUR** Garden Rosemary is so well known, that I need not describe it.

**Time.]** It flowreth in April and May with us, sometimes again in June.

**Government and Vertues.]** The Sun claims privilege in it, and 'tis under the celestial Ram. It is an herb of as great use with us in these days as whatsoever, not only for Physical but civil purposes. The Physical use of it (being my present task) is very much both for inward and outward

ward diseases; for by the warming and comforting heat thereof it healeth all cold Diseases both of the Head, Stomach, Liver, and Belly. The

*Cold Diseases, Rheum, Swimming of the Head, drowfiness, stupidity, dumb Palsie, Lethargy, and falling-sickness, tooth-ach, Stinking Breath, Weak Memory, Stomach, Retention of meat, wind, liver-grown, dim sight, yellow-jaundice, pestilence, whites in Women, Cough, Prifick, or Consumption, Benum'd Joynts, spots and scars in the Skin.*

Decoction thereof in wine, helpeth the cold distillations of Rheum into the Eyes, and all cold diseases of the Head and Brain, as the drowfiness of swimings therein, drowfiness or heaviness of the mind and senses like a stupidness, dumb Palsie, or loss of Speech, the Lethargy, Falling-sickness, to be both drunk, and the temples bathed therewith. It helpeth the pain of the gums and teeth by rheum falling into them, or by putrefaction, causing an evil smell from them, or a stinking breath. It helpeth the Memory, and quicketh the Senses. It is very comfortable to the stomach in all the cold diseases thereof, helpeth both retention of Meat, Digestion, the Decoction or Powder being taken in Wine. It is a remedy for the Windings

of the stomach and bowels, and expelleth it powerfully; as also wind in the Spleen. It helpeth those that are Livergrown by opening the obstructions thereof. It helpeth dim Eyes, and procureth a clear Sight, the Flowers thereof being taken all the while it is flowering every morning fasting with bread and salt. Both *Dioscorides* and *Galen* say, That if a Decoction be made thereof with water, and they that have the yellow jaundice do take it, it cures their bodies presently after the taking thereof, it will certainly cure them. The Flowers and conserve made of them, is singular good to comfort the heart, and to expel the contagion of the Pestilence; to hang the herb in Houses and Chambers, correcteth the air in them. Both the flowers and the leaves are very profitable for Women that are troubled with the Whites, if they be daily taken. The dried leaves shred small, and taken in a Pipe as Tobacco is taken, helpeth those that have any Cough, or Prifick, or Consumption, by warming and drying the thin distillations which cause those Diseases. The leaves are very much used in bathing, and made into Ointments, or Oil, are singular good to help cold benumbed Joynts, Sinews, or Members. The chymical Oil drawn from the leaves and flowers is a sovereign help for all diseases aforesaid; to touch the temples and nostrils with two or three drops, for all the diseases of the head and brain spoken of before; as also to take one drop, two or three, as the cause requireth, for the inward griefs; yet must it be done with discretion, for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another Oyl made by Insolation in the following manner, Take what quantity you will of the flowers, and put them into a strong glass close stopped, tye a fine linnen cloth over the mouth, and run the mouth down into another strong glass, which being set in the Sun, the Oyl will distil down into the lower glass, to be preserved as precious for divers uses, both inward and outward as a sovereign balm to heal the diseases

mentioned, to clear dim sight, and take away spots, marks, and in the Skin.

### Rhubarb, or Rhapontick.

Do not start, and say this grows you know not how far off; and then ask me, How it comes to pass that I bring it among our *English Sim-* For though the name may speak it foreign, yet it grows with us in *En-* land that frequent enough in our gardens; and when you have through- rused its vertues, you will conclude it nothing inferior to that which ought out of *China*, and by that time this hath been as much used as hath been, the name which the other hath gotten will be eclipsed by one of this; take therefore a description at large of it as followeth; [script.]

*At the first appearing out of the ground, when the Winter is past, is a great round brownish head, rising from the middle or sides of the root, which openeth it self into sundry leaves one after another, very much crumpled or together at the first, and brownish; but afterwards it spreadeth it self, and is smooth, very large and almost round, every one standing on a brownish of the thickness of a man's thumb, when they are grown to their fulness, and of them two foot and more in length, especially when they grow in any moist or Ground; And the stalk of the leaf also from the bottom thereof to the leaf is being also two foot; the breadth thereof from edge to edge in the broadest place, also two foot; of a sad or dark green colour, of a fine tart or sourish taste, more pleasant than the Garden or Wood-Sorrel. From among these riseth up but not every year, strong thick stalks, not growing so high as the Patience, or Dock, with such round leaves as grow below, but smaller at every joynt up top, and among the flowers which are white spreading forth into many lines, and consisting of five or six small leaves apiece, hardly to be discerned the white threads in the middle, and seeming to be all threads, after which come three-square seeds like unto other Docks, but larger, whereby it may be known to be a Dock. The root groweth in time to be very great with divers sundry great spreading Branches from it, of a dark brownish or reddish colour outside, with a pale yellow Skin under it, which covereth the inner substance, which rind and Skin being pared away, the root appears of so fresh and a colour, with fresh coloured veins running through it, that the choicest of Rhubarb that is brought us from beyond the Seas cannot excel it; which root, is dried, carefully, and as it ought (which must be in our country by the heat of a fire, in regard the Sun is not hot enough here to do it, and every root from touching one another) will hold his colour almost as well as when fresh, and hath been approved of and commended by those who have often used them.*

[use.] It groweth in Gardens, and flowreth about the beginning or the end of June, and the seed is ripe in July.

[use.] The roots that are to be dried and kept all the year following are to be taken up before the Stalk and Leaves be quite withered and dry, and that is not until the middle or end of October; and if they be taken



taken a little before the leaves do spring, or when they are sprung the roots will not have half so good a colour in them.

I have given the precedence unto this, because in vertues also it the preheminance: I come now to describe unto you that which is called *Patience*, or *Monks Rhubarb*; and next unto that, the great round leaved *Dock*, or *Bastard Rhubarb*; for the one of these may happily supply in absence of the other, being not much unlike in their vertues, only more powerful and efficacious than the other. And lastly, shall I shew you the vertues of all the three sorts.

### Garden Patience, or Monks Rhubarb.

**Descript.]** **T**his is a *Dock* bearing the name of *Rhubarb*, for some quality therein, and groweth up with large tall stalks, somewhat broad and long fair green leaves, not dented at all. The tops of stalks being divided into many small branches, bear reddish or purplish flowers and three square seed like unto other *Docks*. The root is long, great and yellow, unto the wild *Docks*, but a little reder, and if it be a little dried, sheweth more of discoloured veins than the next doth when it is dry.

### Great round leav'd Dock, or Bastard Rhubarb.

**Descript.]** **T**his hath divers large, round, thin, yellowish green leaves springing from the Root, a little waved about the edges, every one standing upon a reasonable thick, and long brownish foot stalk, from among which riseth a pretty big stalk, about two foot high, with some such like leaves growing thereon, smaller. At the top whereof stand in a long spike many small brownish flowers which turn into a hard three-square shining brown seed, like the *Garden Patience* before described. The root groweth greater than that, with many branches of fibres thereat, yellow on the outside, and somewhat pale; yellow within, with some discoloured veins like to the *Rhubarb* which is first described, but much thinner than it, especially when it is dry.

**Place and Time.]** These also grow in Gardens, and flower and feed about or near the same time that our true *Rhubarb* doth, viz. they flower in June, and the seed ripe in July.

**Government and Vertues.]** *Mars* claims predominancy over all the wholsome Herbs: you cry out upon him for an infortune, when God hath blessed him for your good (only he is angry with Fools.) What dishonour is this, not to *Mars*, but to God himself? A dram of the dried root of *Monks Rhubarb* with a scruple of *Ginger* made into

*Purge choler and flegm,  
stay lasks and bloody flux,  
scabs and ulcerous sores,  
running sores.*

*Powder*, and taken fasting in a draught or in a cup of warm broth, purgeth *Choler* and *Flux* downwards very gently and safely, without danger. The seed thereof contrary doth bind the *Belly*, and helpeth to stay any sort of loose

*Blood*

**bloody-Flux.** The Distilled Water thereof is very profitably used to heal Scabs, as also foul Ulcerous sores, and to lay the Inflammation of them; the Juice of the Leaves or Roots, or the Decoction of them in Vinegar, is used as a most effectual Remedy to heal Scabs and running Sores.

The Bastard Rhubarb hath all the properties of the Monks Rhubarb, but more effectual for both inward and outward Diseases. The Decoction

thereof with Vinegar dropped into the Ears, taketh away the Pains; gargled in the Mouth,

taketh away the Tooth-ach, and being drunk, healeth the Jaundice. The Seed thereof taken, healeth the gnawing and griping Pains of the Stomach, and taketh away the loathing thereof unto Meat. The Root thereof helpeth the ruggedness of the Nails, and being boiled in Wine

helpeth the Swelling of the Throat, commonly called the Kings-Evil, as also the swellings of the Kernels of the Ears. It helpeth them that are troubled with the Stone; provoketh Urine, and helpeth the dimness of the sight. The Roots of this Bastard Rhubarb are used in opening and purging Diet-Drinks, with other things to open the Liver, and to cleanse and cool the Blood.

The properties of that which is called the *English Rhubarb*, are the same with the former, but much more effectual, and hath all the properties of the true *Indian Rhubarbs*, except the force in purging, wherein it is but of half the strength thereof, and therefore a double quantity must be used; it likewise hath not that bitterness and astringency; in other things it worketh almost in an equal quality, which are these; it purgeth the Body of Cholera and Flegm, being either taken of it self, made in Powder and drunk in a draught of White Wine, or steeped therein all night, and taken fasting, or put among other Purges, as shall be thought convenient, cleansing the Stomach, Liver, and Blood, opening Obstructions, and helping those Grievances that come thereof; as the Jaundice, Dropsie, swelling of the Spleen, Tertian and Day Agues, and pricking Pains of the Head, and also it stayeth spitting of Blood. The Powder taken with *Cassia* dissolved, and a little washed *Venice Turpentine*, cleanseth the Liver, and strengtheneth them afterwards, and is very effectual to stay the running of the Reins, or Gonorrhoea. It is also given for the Pains and Swelling in the Head, for those that are troubled with Melancholy, and helpeth the Sciatica, the Gout and the Cramp. The Powder of the Rhubarb taken with a little *Mummiæ* and *Madder-Roots* in some red Wine, dissolveth clotted Blood in the Body, hapning by any Bruise, and healeth Burstings and broken parts, as well inward as

*Pains of the Ears, Tooth-ach, Jaundice, Pain of the Stomach and loathing of Meat, Kings-Evil, Stone, Urin, Dim Sight, Liver and Blood.*

Cholera and Flegm, Obstructions, Jaundice, Dropsie, Spleen, Agues, Pains of the Sides, and Spitting of Blood, Running of the Reins, Swellings in the Head, Sciatica, Gout, Cramp, Clotted Blood, Ulcers in the Eyes, or Eye-lids, Swelling, and Inflammations, Black and blue spots, purge the Liver and Stomach.

Cholera and Flegm, Obstructions, Jaundice, Dropsie, Spleen, Agues, Pains of the Sides, and Spitting of Blood, Running of the Reins, Swellings in the Head, Sciatica, Gout, Cramp, Clotted Blood, Ulcers in the Eyes, or Eye-lids, Swelling, and Inflammations, Black and blue spots, purge the Liver and Stomach.

very effectual to stay the running of the Reins, or Gonorrhoea. It is also given for the Pains and Swelling in the Head, for those that are troubled with Melancholy, and helpeth the Sciatica, the Gout and the Cramp. The Powder of the Rhubarb taken with a little *Mummiæ* and *Madder-Roots* in some red Wine, dissolveth clotted Blood in the Body, hapning by any Bruise, and healeth Burstings and broken parts, as well inward as

outward. The Oyl likewise wherein it hath been boiled worketh the like effects, being anointed. It is used to heal those Ulcers that happen in the Eyes and Eye-lids, being steeped and strained; as also to assuage the Swellings and Inflammations; and applied with Honey, or boiled in Wine, it taketh away all black and blue spots or marks that happen therein; Whey or White-wine are the best Liquors to steep it in, and thereby it worketh more effectually in opening Obstructions, and purging the Stomach and Liver. Many do use a little Indian Spicknard as the best Corrector thereof.

### Meadow-Rew.

**Descript.]** Meadow-Rew riseth up with a yellow stringy Root, much spreading in the Ground, shooting forth new Sprouts, round about with many herby green stalks two foot high, crested all the length of them, with Joints here and there, and many large Leaves on them above as well as below, being divided into smaller Leaves, nicked or dented in the fore-part of them, of a red green colour on the upper side, and pale green underneath; toward the top of the Stalk there shooteth forth divers short Branches; on every one whereof there stand two, three or four small Heads or Buttons, which breaketh the Skin that incloseth them, sheweth forth a tuft of pale greenish yellow threads, which falling away, there comes in their places small three cornered Cods, wherein is contained small, long and round Seed. The whole Plant hath a strong unpleasant scent.

**Place.]** It groweth in many places of this Land, in the borders of moist Meadows and Ditch-sides.

**Time.]** It flowreth about July or the beginning of August.

**Government and Vertues.]** Dioscorides saith, That this Herb bruised and applied, perfectly healeth old Sores, and the

Old Sores, opens the Body,  
Lice and Vermin, Plague,  
Jaundice.

distilled Water of the Herb and Flowers doth the like. It is used by some among other Poy-  
herbs, to open the Body, and make soluble; but  
the Roots washed clean, and boiled in Ale

drank, provoketh to the stool more than the Leaves, but yet very gently. The Root boiled in Water, and the places of the Body most troubled with Vermin and Lice washed therewith while it is warm, destroyeth them utterly. In Italy it is used against the Plague, and in Saxony against the Jaundice, as Camerarius saith.

### Garden-Rew.

**G**arden-Rew is so well known both by this Name, and the Name of Grace, that I shall not need to write any farther Description of it, but shall only shew you the Vertue of it, as followeth;

**Government and Vertues.]** It is an Herb of the Sun, and under Leo. It provoketh Urine and Womens Courses, being taken either in Mead or Drink. The Seed thereof taken in Wine, is an Antidote against dangerous Medicines or deadly Poysons. The Leaves taken either themselves, or with Figs and Walnuts, is called *Mishridates* his Counte-  
poyson

poysen against the Plague, and causeth all Venomous things to become harmless; being often taken in Meat and Drink it abateth Venery, and destroyeth the ability to get Children. A Decoction made thereof with some dried Dill-leaves and Flowers, easeth all pains and torments, inwardly to be drunk, and outwardly to be applied warm to the place grieved. The same being drunk, helpeth the Pains both of the Chest and Sides, as also Coughs and hardness of Breathing, the Inflammation of the Lungs, and the tormenting Pains of the Sciatica, and the Joynts being anointed or laid to the places, as also the shaking fits of Agues, to take a draught before the fit come; being boiled or infused in Oyl, it is good to help the Wind-Cholick, the hardness and Windiness of the Mother, and freeth Women from the strangling or suffocation thereof, if the Share, and the parts thereabouts be anointed therewith; it killeth and driveth forth the worms of the Belly, if it be drunk after it is boiled in Wine to the half with a little Honey; it helpeth the Gout or pains in the Joynts, Hands, Feet or Knees, applied thereunto; and with Figs it helpeth the Dropisie being bathed therewith; being bruised and put into the Nostrils, it stayeth the bleeding thereof, it helpeth the swelling of the Cods if they be bath'd with a Decoction of Rue and Bay, leaves. It taketh away Wheals and Pimples, if being bruised with a few Myrtle-leaves, it be made up with Wax and applied; it cureth the Morpew, and taketh away all sorts of Warts, if boiled in Wine, with some Pepper and Nitre, and the places rubbed therewith, and with Alum and Honey, helpeth the dry Scabs or any Tetter or Ring-worm. The Juice thereof warmed in a Pomegranate-shell or rind, and dropped into the Ears, helpeth the pains of them. The Juice of it and Kimmel with a little Honey, and the Gall of a Cock put thereto, helpeth the dimness of the Eye-sight. An Oyntment made of the Juice thereof with Oil of Roses, Ceruss, and a little Vinegar, and anointed, cureth St. Anthony's Fire, and all running Sores in the Head; and the stinking Ulcers of the Nose or other parts. The Antidote used by Mithridates every morning fasting to secure himself from any Poyson or Infection, was this, Take twenty Leaves of Rew, a little Salt, a couple of Wallnuts, and a couple of Figs beaten together into a Mass with twenty Juniper Berries, which is the quantity appointed for every day. Another Electuary is made thus, Take of Nitre, Pepper, and Cummin-seed, of each equal parts; of the leaves of Rue clean picked, as much in weight as all the other three weighed; beat them well together, and put as much Honey as will make up into an Electuary (but you must first keep your Cummin-seed in Vinegar twenty four hours, and then dry it, or rather roast it in a hot Fire-

Womens Courtes, Urine  
Poysons, Plague, Abate  
Venery, Pains of the Chest  
and Sides, Coughs, Head,  
Breathing, Sciatica, and  
Joint-aches, Agues, Wind-  
Cholick, Mother, Worms,  
Gout, Dropisie, Bleeding,  
Swelling of the Cods,  
Wheals and Pimples, Morpew  
and Warts, Scab,  
Tetter and Ring-worm,  
Pains of the Ears, Dim-  
sight, St. Anthony's Fire,  
Running Sores of the  
Head, Ulcers of the Nose,  
Antidote, Pains of the  
Chest, Stomach, Spleen,  
Belly.



shovel, or in an Oven) and is a Remedy for the pains or griefs in the Chest or Stomach; of the Spleen, Belly or Sides, by Wind or Stitches; of the Liver by Obstructions; of the Reins and Bladder by the stopping of Urine, and helpeth also to extenuate fat corpulent Bodies. What an Infamy is cast upon the Ashes of *Mithridates* (or *Methridates*, as the *Augustans* read his Name) by unworthy People; they that deserve no good report themselves, love to give none to others, viz. That Renowned King of *Pontus* fortified his Body by Poyson against Poyson (He cast out Devils by *Belzebub* Prince of the Devils.) What a Sot is he that knows not if he had accustomed his Body to cold Poysons, hot Poysons would have dispatch'd him; on the contrary, if not, Corrosions would have done it: the whole World is at this present time beholding to him for his Studies in Physick, and he that useth the quantity of but a Hazel Nut of that Receipt every Morning, to which his Name is adjoined, shall to admiration preserve his Body in health, if he do but consider that *Rew* is an Herb of the Sun, and under *Leo*, and gather it and the rest accordingly.

### Rupture-wort.

**Descript.]** This spreadeth very many Thready Branches round about upon the Ground, about a span long, divided into many other smaller parts full of small Joynts set very thick together, whereat come forth two very small Leaves of a French yellow, green colour Branches and all, where groweth forth also a number of exceeding small yellowish Flowers scarce to be discerned from the Stalks and Leaves, which turn into Seeds as small as the very Dust. The Root is very long and small, thrusting down deep into the Ground. This hath neither smell nor taste at first, but afterwards hath a little astringent taste, without any manifest heat, yet a little bitter and sharp withal.

**Place.]** It groweth in dry, sandy, and rocky-places.

**Time.]** It is fresh and green all the Summer.

**Government and Vertues.]** They say *Saturn* causeth Ruptures; if he do, he doth no more than he can Cure; if you want Wit, he will teach you, though to your cost; This Herb is *Saturn's* own, and is a notable

**Ruptures.**

**Antivenerian.** Rupture-wort hath not his Name in vain; for it is found by Experience to Cure the Rupture, not only in Children but also in

Elder Persons, if the Disease be not too inveterate, by taking a Dram of the Powder of the dried Herb every day in Wine for certain days together. Or the Decoction made in the Wine and drunk. Or the Juice of Distilled

*Fluxes, Running of the Reins, Strangury, Stone or Gravel, Stitches, Yellow-Jaundice, Worms, Wounds, Defluxions, Foul Ulcers.*

Water of the green Herb, taken in the same manner; and helpeth all other Fluxes either of Man or Woman, vomitings also, and the Gonorrhea or Running of the Reins. being taken any of the ways aforesaid: It doth also most assuredly help those that have the Strangury

or have their urin stopped, or are troubled with the stone or gravel in the reins or bladder: The same also helpeth much all stitches in the sides, all griping pains in the stomach or belly, the obstructions of the liver, and cureth the yellow jaundice; likewise it killeth also the worms in Children: being outwardly applied it conglutinateth Wounds notably, and helpeth much to stay defluxions of rheum from the head to the eyes, nose and teeth, being bruised green and bound thereto; Or the decoction of the dried herb, to bathe the forehead or temples, or the nape of the neck behind. It also drieth up the moisture of fistulous ulcers, or any other that are foul and spreading.

### Rushes.

**A**Lthough there are many kinds of *Rushes*, yet I shall only here insist upon those which are best known, and most medicinal. As the Bul-rushes, and other of the soft and smooth kinds; which grow so commonly in almost every part of this land, and are so generally noted, that I suppose it needless to trouble you with any description of them; Briefly then take the vertues of them as followeth.

*Government and Vertues.*] The seed of the soft *Rushes*, saith *Dioscorides* and *Galen*, toasted (saith *Pliny*) being drunk in wine and water, stayeth the lask and womens courses when they come down too abundantly: but it causeth head-ach; It provoketh sleep likewise, but must be given with caution; The root boiled in water to the consumption of one third helpeth the cough.

Thus you see that Conveniences have their Inconveniences, and Vertue is seldom unaccompanied with some Vices. What I have written concerning *Rushes*, is to satisfie my Country-mens Question, *Are our Rushes good for nothing?* Yes, and as good let them alone as taken; There are Remedies enough without them for any Disease, and therefore as the Proverb is, I care not a *Rush* for them; or rather, They will do you as much good as if one had given you a *Rush*.

### Rye.

**T**His is so well known in all the Countries of this Land, and especially to the Country-people who feed much thereon; that if I did describe it, they would presently say, I might well have spared that labour. Its Vertues follow.

*Government and Vertues.*] Rye is more digesting than Wheat; the Bread and the Leaven thereof ripeneth and breaketh Imposthumes, Boyls, and other swellings; the Meal of Rye put between a double Cloth, and moistned with a little Vinegar, and heated in a Pewter-Dish, set over a Chafing-dish of Coals, and bound fast to the Head while it is hot, doth much ease the continual Pains of the Head. *Mathiolus* saith, That the Ashes of Rye straw put into Water, and suffered therein a day and a night, and the Chaps of Hands or Feet washed therewith, doth heal them.

*Imposthumes, Boyls and Swellings, pains of the Head, Chaps of the Hands or Feet.*

## Saffron.

**T**HE Herb needs no Description, it being known generally where it grows.

*Place.]* It grows frequently at *Walden* in *Essex*, and in *Cambridgeshire*, *Government and Vertues.]* It is an Herb of the *Sun*, and under the *Lion*, and

*Heart strengthneth, brain,*  
*Consumption of the Lungs,*  
*Pestilence, Small Pox,*  
*Measles, Yellow Jaundice,*  
*Flegm purgeth.*

therefore you need not demand a reason why it strengthens the heart so exceedingly. Let not above ten grains be given at one time; for if the *Sun*, which is the fountain of light, may dazzle the Eyes, and make them blind, a Cordial being taken in an immoderate quantity, may hurt the Heart instead of helping it. It quickneth the Brain, for the *Sun* is exalted in *Aries*, as well as he hath his House in *Leo*; it helps Consumption of the Lungs, helps difficulty of Breathing; it is an excellent thing in Epidemical Diseases, as Pestilence, Small Pox, and Measles. It is a notable expulsive Medicine, and a notable Remedy for the Yellow Jaundice. My opinion is (but I have no Author for it) that *Hermodyctyls* are nothing else but the Roots of *Saffron* dried; and my Reason is, That the Roots of all *Crocus*, both white and yellow, purge Flegmas *Hermodyctyls* do; and if you please to dry the Roots of any *Crocus*, neither your Eyes nor your Taste shall distinguish them from *Hermodyctyls*.

## Sage.

**O**UR ordinary Garden Sage needeth no Description.

*Time.]* It flowreth in or about *July*.

*Government and Vertues.]* *Jupiter* claims this, and bids me tell you, it is good for the Liver, and to breed Blood. A Decoction of the Leaves and

*Provoke Urine, Womens*  
*Courses, Expels the dead*  
*Child and After-birth,*  
*Head and Joynts, stanch*  
*Bleeding, cleanse Ulcers*  
*and Sores, Itching of the*  
*Cods, help Conception,*  
*and hinder Miscarriage,*  
*spitting Blood, Consump-*  
*tion, Pains of the Falling-*  
*sickness, Lethargy, dulness*  
*of Spirit, Palse, Defluxi-*  
*ons of Rheum, Impostume*  
*behind the Ears, Hoarsness,*  
*and Cough, Bloody-Flux,*  
*biting of Serpents, Worms*

Branches of Sage made and drunk, saith *Dioscorides*, provoketh Urin, bringeth down Womens courses, helps to expel the dead Child, and causeth the Hair to become black. It stayeth the bleeding of Wounds, and cleanseth foul Ulcers or Sores. The said Decoction made in Wine, taketh away the itching of the Cods, if they be bathed therewith. *Agrippa* saith, that if Women that cannot conceive by reason of the moist flapperiness of their Wombs, shall take a quantity of the Juyce of Sage with a little Salt for four days before they company with their Husbands, it will help them not only to conceive, but also to retain the Birth without Miscarrying. *Orpheus* saith, Three spoonfuls of the Juyce of Sage taken fasting with a little Honey, doth presently stay the spitting or casting up of Blood of them that

that are in a Consumption: these Pills are much commended: Take of Spicknard, Ginger, of each two drams: of the seed of Sage toasted at the fire eight drams, of Long Pepper 12 drams: all these being brought into fine Powder, put thereto so much Juice of Sage as may make them into a Mass for Pills; taking a dram of them every morning fasting, and so likewise at night, drinking a little pure water after them. *Marthius* saith, It is very profitable for all manner of pains of the head coming of cold and Rheumatick Humours, as also for all pains of the Joints, whether inwardly or outwardly, and therefore helpeth the Falling-sickness, the Lethargy, such as are dull and heavy of Spirit, the Palsie, is of so much use in all Defluxions of Rheum from the head and for the Diseases of the Chest or Breast. The Leaves of Sage and Nettles bruied together, and laid upon the Imposthume that riseth behind the Ears, both assuage it much: The Juice of Sage taken in warm water, helpeth hoarseness and the Cough. The Leaves sodden in Wine, and laid upon the place affected with the Palsie, helpeth much, if the decoction be drunk; also Sage taken with Wormwood is good for the Bloody-flux; *Pliny* saith, it procureth Womens Courses, and stayeth them coming down too fast, helpeth the the stinging and biting of Serpents, and killeth the Worms that breed in the Ears, and in Sores. Sage is of excellent use to help the memory, warming and quickning the Senses; and the Conserve made of the flowers, is used to the same purpose, and also for all the former recited Diseases. The Juice of Sage drunk with Vinegar hath been of good use in time of the Plague at all times. Gargles likewise are made with Sage, Rosemary, Honey-suckles, and Plantane boild in Wine or water, with some Honey or Alum put thereto to wash sore Mouths and Throats, Cankers, or the Secret Parts of Man or Woman as need requireth. And with other hot and comfortable Herbs, Sage is boiled to bathe the Body and legs in the Summer time, especially to warm cold Joints or Sinews, troubled with the Palsie or Cramp, and to comfort or strengthen the parts. It is much commended against the Stitch or pains in the Side, coming of the wind, if the place be fomented warm with the decoction thereof in Wine, and the Herb also after boiling, be laid warm also thereunto.

### Wood-Sage.

*Descript.* **W**OOD-sage riseth up with square hoary stalks two foot high at the least, with two Leaves set at every Joint, somewhat like the Sage-leaves, but smaller, softer, whiter and rounder: and a little dented at the edges, and smelling somewhat stronger; At the tops of the stalks and branches stand the flowers on a slender-like spike, turning themselves all one way when they blow, and are of a pale and whitish colour, smaller than Sage, but hooded and gaping like unto them. The seed is Blackish and round; four usually seem in a Husk together; The root is long and stringy, with divers Fibres thereat and liveth many years.



*Place.*] It groweth in Woods, and by Wood-sides, as also in divers Fields, and by-Lanes in the Land,

*Time.*] It flowreth in June, July and August.

*Government and Vertues.*] The Herb is under *Venus*. The decoction of

*Provokes Urin and Womens Courses, Sweet, Swellings in the Flesh, French Pox, Vein broken, Burst-ness, Palsii, Ulcers, and Sores, green Wounds.*

the Wood-sage provoketh Urin and Womens Courses; it also provoketh Sweat, digesteth Humours, and discusseth Swellings and Nodes in the Flesh, and is therefore thought to be good against the French Pox. The decoction of the green Herb made with Wine, is a safe and sure Remedy for those who by Falls, Bruises or Blows, doubt

some Vein to be inwardly broken, to disperse and avoid the congealed Blood, and to consolidate the Veins; It is also good for such as are inwardly or outwardly bursten, the drink used inwardly, and the Herb used outwardly; The same used in the same manner is found to be a sure Remedy, for the Palsie; The Juice of the Herb, or the Powder thereof dried, is good for moist Ulcers and Sores in the Legs or other parts, to dry them, and cause to heal more speedily; It is no less effectual also in green Wounds to be used upon any occasion.

### Solomon's Seal.

*Descript.*] **T**HE common Solomon's Seal riseth up with a round stalk, about half a yard high, bowing or bending down to the ground, with single Leaves one above another, somewhat large and like the Leaves of the Lilly-Convally, or May-Lilly, with an eye of bluish upon the green, with small ribs therein, and more yellowish underneath. At the foot of every Leaf, almost from the bottom up to the top of the stalk, come forth small, long, white and low pendulous Flowers, somewhat like the Flowers of May-Lilly, but ending in five long Points, for the most part two together at the end of a long Foot-stalk and sometimes but one, and sometimes also two stalks with flowers at the foot of a Leaf, which are without any scent at all, and stand all on one side of the stalk after they are past, come in their places small round Berries, green at the first and blackish green tending to bluness when they are ripe, wherein lie small, white hard and stony Seed; The root is of the thickness of ones finger, or thumb, white and knobbed in some places, a flat round circle representing a Seal, wherof it took the name, lying along under the upper Crust of the Earth, and not growing downward, but with many Fibres underneath.

*Place.*] It is frequent in divers places of this Land, as namely in Wood two Miles from Canterbury, by Fish-pool Hill; as also in a Bush Close belonging to the Parsonage of Alderbury near Clarendon, two miles from Salisbury, in Chesson Wood, on Chesson Hill, between Newington and Sittingburn in Kent, and in divers other places in Essex, and other Counties.

*Time.*] It flowreth about May: The Root abideth and shooteth anew every year.

*Government and Vertues.*] Saturn owns the Plant, for he loves his Bones. The Root of Solomon's Seal is found by experience to be available in Wounds, Hurts, outward Sores, to heal and close up the Lips those that are green, and to dry up and reduce the flux of Humors to those that are old; singular good to stay Vomitings and Bleedings wheresoever, as also all Fluxes in Man or Women, whether Whites or Reds in Women, the Running of the Reins in Man; also to any Joint, which by weakness useth to be out of place, or will not stay in long when it is set; also to knit join broken Bones in any part of the Body, the Roots being bruised applied to the place; yea, it hath been found by late experience, that decoction of the Root in Wine, or the bruised Root put into Wine or Drink, and after a night's infusion, strained forth hard and drunk, helpeth both Man and Beast whose Bones have been broken by any fall, which is the most assured refuge of help to people of divers countries of the Land, that they can have; it is no less effectual to help sprains and Burstings, the Decoction in Wine, or the Powder in Broth Drink, being inwardly taken, and outwardly applied to the place; the same is also available for inward or outward Bruises, Falls or Blows, to dispel the congealed Blood, and to take away both the pains and black and blue Marks that abide after the Hurt. The same also, or distilled Water of the whole Plant, used to the Face, or other part of Skin, cleanseth it from Morpew, Freckles, Spots or Marks whatever, leaving the place fresh, fair and lovely, for which purpose it is much used by the Italian Dames.

### Samphire.

*Script.*] Rock Samphire groweth up with a tender green stalk, about half a yard or two foot high at the most, branching forth almost from every bottom, and stored with sundry thick, and almost round, somewhat long pieces of a deep green colour, sometimes together, and sometimes more on a stalk, which are sappy, and of a pleasant hot or spicy taste; at the tops of the stalk and branches stand Umbles of white flowers, and after them comes large Seed, bigger than Fennel seed, yet somewhat alike. The Root is great, white and long, continuing many years, and is of an hot spicy taste likewise.

*Place.*] It groweth on the Rocks that are often moistened, at the least, not overflown with the Sea-water.

*Time.*] And it flowreth and seedeth in the end of July and August.

*Government and Vertues.*] It is an Herb of Jupiter, and was in former times wont to be used more than now it is, the reason is the pity; it is well known almost to everybody. That ill digestion and obstructions are the causes of most of the Diseases which the Nature of Man is subject to, both which

*Wounds and Sores, Vomiting and Bleeding, Fluxes, Running of the Reins, knit Joints and broken Bones in Man and Beast, Ruptures, Bruises, and Falls, black and blue Marks, beautify the Face.*

*Help digestion, opens obstructions, provokes Urine, expels Gravel and the Stone.*

might

might be remedied by a more frequent use of this Herb. If people have Sawce to their Meat, they may take some for profit as well as pleasure. It is a safe Herb, very pleasant both to the taste and stomach, helping digestion, and in some sort opening the obstructions of the Liver and Spleen, provoketh Urine, and helping thereby to wash away Gravel and Stone ingendred in the Kidneys or Bladder.

### Sanicle.

**Descript.]** Ordinary Sanicle sendeth forth many great round Leaves standing upon long brownish stalks, every one somewhat deeply divided into five or six parts, and some of these also cut in; somewhat like Leaf of Crows-foot or Doves-foot, and finely dented about the edges, smooth, of a dark green shining colour, and sometime reddish about the brims, from among which rise up small, round green stalks, without any Joynt or Leaf there saving at the top, where it brancheth forth into Flowers, having a Leaf divided into three or four parts at that Joynt with the Flowers, which are small and white, starting out of small round greenish yellow heads, many standing together in a Tuft, in which afterward are the Seed contained, which are small round Burs, somewhat like the Leaves of Cleavers, and stick in the same manner upon any thing that they touch. The Root is composed of many black Strings, Fibres set together, at a little long head, which abideth with the green Leaves all the Winter, and perish not.

**Place.]** It is found in many shadowy Woods, and other places of the Land.

**Time.]** It flowreth in June, and the Seed is ripe shortly after.

**Government and Vertues.]** This is one of Venus her Herbs to cure either Wounds, or what other mischief Mars inflicted upon the Body of Man. It is exceeding good to heal all green Wounds speedily, or any Ulcers, Imposthumes, or bleedings inwardly. It doth wonderfully help those that have any Tumors in any part of their Bodies; for it represseth and dissipateth the Humors, if the Decoction or Juice thereof be taken, or the Powder in Drink, and the Juice used outwardly; for there is not found any Herb that can give you such present help either to Man or Beast when the Disease fallerh upon the Lungs or Throat, and to heal up all the putrid malignant Ulcers in the Mouth, Throat and Privities, by gargling or washing with the decoction of the Leaves and Root, made in water, and a little Honey put thereto. It helpeth to stay Womens Courses, and all other Fluxes of Blood, either by the Mouth, Urine or Stool, and Lasks of the Belly, the Ulceration of the Kidneys also, and the Pains in the Bowels and Gonorrhæa or Running of the Reins, being boiled in Wine or Water and drunk: The same also is no less powerful to help any Ruptures or Burstings, used both inwardly and outwardly: And briefly, it is effectual

*Green Wounds, Ulcers, Imposthumes, inward Bleedings, Swellings, Ulcers in the Mouth, Throat and Privities, Womens Courses, Fluxes of Blood, Lasks, Ulcers in the Kidneys, Running of the Reins, Rupture.*

g, restraining, consolidating, heating, drying and healing, as Bugle, Self-heal, or any other of the Confounds or Vulnerary whatsoever.

Saracens Confound, or Saracens Wound-wort.

[T]his groweth very high sometimes with brownish stalks, and other whiles with green, and hollow to a man's height, having many narrow green Leaves snip'd about the edges, somewhat like those of the willow, or Willow-leaves, but not of such a white green colour: The tops are furnished with many pale yellow Star-like Flowers standing in heads, which when they are fallen, and the Seed ripe, which is somewhat small, and of a yellowish brown colour wrapped in Down, is therewith carry'd away with the wind; The Root is composed of many Strings or Fibres, set at a head, which perisheth not in Winter, but abideth, although the leaves away, and no Leaf appeareth in the Winter. The taste hereof is strong pleasant, and so is the smell also.

[I]t groweth in moist and wet Grounds, by Wood-sides, and in the moist places of the shady Groves, as also by the Water.

[I]t flowreth in July; and the Seed is soon ripe and carried away by the Wind.

[Comment and Vertues.] Saturn owns the Herb, and 'tis of a sober complexion like him. Among the Germans, this Wound-herb is preferred before any of the same quality. Being boiled in Wine and drunk, it helpeth the disposition of the Liver, and freeth the

from obstructions, whereby it is good for yellow Jaundice, and for the Dropsie in the swelling of it, for all inward Ulcers of the Liver, or elsewhere, and inward Wounds and Bruises: And being steeped in Wine, and then drunk, the water thereof drunk is singular to ease all gnawings in the Stomach, or openings of the Body, as also the Pains of the Head; And being boiled in water, it helpeth the Agues; and this said Water, or the

water of the Herb distilled, or the Juice or Decoction, are very good to heal any green Wound, or old Sore or Ulcer whatsoever, keeping them from corruption, and quickly healing them up; It is no less singular for the Ulcers in the Mouth or Throat, be they never so foul smelling, by washing or gargling them therewith; and likewise for the Agues as happen in the Privy Parts of Men or Women; briefly what hath been said of Bugle or Sanicles, may be found herein.

Obstructions, yellow Jaundice, Dropsie, Ulcers of the Reins, inward Wounds and Bruises, Pains in the Body, Mither, Agues, green Wounds, old Sores or Ulcers, Ulcers in the Mouth or Throat, Sores in the Privy Parts.



## Sawce alone, or Jack by the Hedge-side.

**Descript.]** **T**HE lower Leaves of this are rounder than those that towards the tops of the stalks, and are set singly on a being somewhat round and broad, and pointed at the ends, dented also at edges, somewhat resembling Nettle-leaves for the form, but of a fresher green, and not rough or pricking; The flowers are very small and white, growing at the tops of the stalks one above another, which being past, there follow and long round Pods, wherein are contained small round Seed somewhat black. The Root is stringy and thready, perishing every year after it hath given and raiseth it self again of its own sowing. The Plant, or any part thereof being bruised, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

**Place.]** It groweth under Walls, and by Hedge-sides, and Pathes in Fields in many places.

**Time.]** It flowreth in June, July and August.

**Government and Vertues.]** It is an Herb of Mercury. This is eaten by many Country-people as Sawce to their salt Fish, and helpeth well against the Crudities and other corrupt Humours ingendred thereby.

*Helps digestion, Cough, Tough Flegm, Wind colick, Stone, Ulcers in the Legs.*

It warmeth also the Stomach, and causeth digestion; The Juice thereof boiled with Honey accounted to be as good as Hedge-mustard the Cough, to cut and expectorate the tough Flegm. The Seed bruised and boiled in Wine is a singular good remedy for the Wind-colick

or the Stone, being drunk warm; It is also given to Women troubled with the Mother, both to drink, and the Seed put into a Cloth applied while it is warm, is of singular good use. The Leaves also, or boiled, is good to be used in Clusters to ease the pains of the Stone. The green Leaves are held to be good to heal the Ulcers in the Legs.

## Winter and Summer Savoy.

**B**OTH these are so well known, (being entertained as constant Inhabitants in our Gardens) that they need no description.

**Government and Vertues.]** Mercury claims the dominion over this neither is there a better Remedy against the Colick and Iliack Passion

*Colick, Iliack Passion, expelleth Wind, Mother, provokes Urine and Womens Courses, Tough Flegm, Lethargy, Dull Sight, ringing in the Ears and Deafness, Sciatica, and Palsie, Stinging of Bees, &c.*

than this Herb; keep it dry by you all the year if you love your self and your ease, as much as a hundred pound to a penny if you do not; To make it dry, make Conserves and Syrups of it for your use; and withal, take notice that the Summer kind is the best. They are both somewhat hot and dry, especially the Summer kind which is both sharp and quick in taste, expels the wind in the Stomach and Bowels, and is a pre-

the rising of the Mother procured by wind, provoketh Urine  
 mens Courses, and is much commended for Women with Child  
 inwardly, and to smell often unto. It cureth tough-Flegm in  
 chest and Lungs, and helpeth to expectorate it the more easily; quick-  
 the dull Spirits in the Lethargy, the Juice thereof being snuffed, or  
 into the Nostrils; The Juice dropped into the Eyes, cleareth a  
 sight, if it proceed of thin cold Humours distilling from the Brain.  
 Juice heated with Oil of Roses, and dropped into the Ears, easeth  
 of the Noise and Singing in them, and of Deafness also; outwardly  
 with Wheat-flower in manner of a Pultis, it giveth ease to the  
 and Palsied Members, heating and warming them; and taketh  
 their Pains. It also taketh away the pain that comes of stinging  
 of Wasps, &c.

Savin.

describe a Plant so well known is needless, it being nursed up al-  
 most in every Garden, and abiding green all the Winter.

*Government and Vertues.*] It is under the dominion of Mars, being hot  
 in the third degree, and being of exceed-

an parts, is of a very digesting quality. If  
 the Herb into Powder, and mix it with  
 it is an excellent Remedy to cleanse old  
 Ulcers and Fistulaes; but it hinders them  
 healing. The same is excellent good to  
 Carbuncles and Plague sores; also helpeth  
 King's-Evil, being applied to the place: be-

*Ulcers cleanseth, Fistula's,  
 Carbuncles, Plague-sores,  
 King's-Evil, Worms, Scabs  
 Itch, Running-sores, Can-  
 kers, Tetters, Ring-worms.  
 Venereal Sores.*

spread upon a piece of Leather, and applied to the Navel, kills the  
 pain in the Belly; helps Scabs and Itch, Running Sores, Cankers,  
 and Ring-worms; and being applied to the place, may happily  
 Venereal Sores. This I thought good to speak of, as it may be safely  
 outwardly: for inwardly it cannot be taken without manifest danger.

The common white Saxifrage.

*Th-] THIS hath a few small redish Kernels of Roots, covered with  
 some skins lying among divers small blackish Fibres, which send  
 divers round, faint, or yellow green Leaves, and grayish underneath, lying  
 the ground unevenly dented about the edges, and somewhat hairy, every one  
 a little foot stalk; from whence riseth up a round, brownish hairy green stalk,  
 three foot high, with a few such like round Leaves as grow below, but  
 and somewhat branched at the top, whereon stand pretty large white Flowers  
 Leaves apiece with some yellow threads in the middle, standing in a long  
 brownish green Husk; after the Flowers are past, there ariseth sometimes  
 a hard head, forked at the top, wherein is contained small blackish Seed,  
 usually they fall away without any seed: and it is the Kernels or Grains of  
 which are usually called the white Saxifrage-seed, and so used.*

*Th-] It groweth in many places of our Land, as well in the lower  
 moist,*

moist, as in the upper dry corners of Meadows, and grassie sandy. It is used to grow near *Lambs Conduit* on the back-side of *Grays*. Time.] It flowreth in *May*, and is then gathered as well for that is called the Seed, as to distil, for it quickly perisheth down to the when any hot weather comes.

*Government and Vertues.*] It is very effectual to cleanse the Reins, Bladder, and to dissolve the Stone ingend them, and to expel it and the Gravel by to provoke Urine, being stopped, and the Strangury; for which purpose the Decoction of the Herbs or Roots in White-wine, Powder of the small kernelly Root, which led the Seed, taken in White-wine, or in the same Decoction made White-wine, is most usual. The distilled Water of the whole Root and Flowers, is most familiar to be taken. It provoketh also mens Courses; and freeth and cleanseth the Stomach and Lungs thick and tough Flegm that troubles them. There are not many Medicines to break the Stone than this.

### Burnet Saxifrage.

*Descript.*] THE greater sort of our English Burnet Saxifrage grow with divers long stalks of winged Leaves set directly opposite to another on both sides, each being somewhat broad, and a little pointed about the edges, of a sad green colour. At the tops of the stalks Umbles of white Flowers, after which comes small and blackish Seed. The long and whitish, abiding long. Our lesser Burnet Saxifrage hath much finer than the former, and very small, and set one against another, deeply jagged about the edges, and of the same colour with the former. The umbles of Flowers are white, the Seed very small, and so is the Root, being also somewhat hot and quick in Place.] These grow in most Meadows of this Land, and are to be found, being well sought for among the Grass, wherein many of them lie hid scarcely to be discerned.

Time.] They flower about *July*, and their Seed is ripe in *August*.

*Government and Vertues.*] They are both of them Herbs of the *First*. These Saxifrages are as hot as Pepper; and as the *Physician* saith, by his Experience, That they are wholsome. They have the same properties as the Parsleys have, but in provoking Urine, easing the pains hereof, or of the Wind Cholick, are much more effectual. The Root or Seed being used either in Powder, or in Decoction, or any other way; and likewise helpeth the windy pains of the Mother, and to procure their Courses, and to break and avoid the Stone in the Kidneys, to dissolve cold, viscous and tough Flegm in the Stomach, and is an especial remedy against all kind of Venom. Castoreum being boiled in the distilled Water.

roof, is singular good to be given to those that are troubled with  
and Convulsions, some do use to make the Seed into Comfits  
(do Caraway-seed) which is effectual to all the purposes aforesaid.  
oyce of the Herb dropped into the most grievous Wounds of the  
drieth up their moisture, and healeth them quickly. Some Women  
distilled water to take away Freckles, or Spots in the Skin or Face;  
drink the same sweetned with Sugar for all the purposes aforesaid.

### Scabious, three sorts.

pt.] **C**ommon Field Scabious groweth up with many hairy, soft, whi-  
tish green leaves some whereof are but very little, if at all, jagged  
edges, others very much rent and torn on the sides, and have threads in them,  
upon the breaking may be plainly seen; from among which rise up divers  
green stalks three or four foot high, with such like hairy green leaves on  
but more deeply and finely divided, branched forth a little; At the tops  
which are naked and bare of Leaves for a good space, stand round heads  
of a pale bluish colour, set together in a head, the outermost whereof  
er than the inward, with many threads also in the middle, somewhat flat  
up, as the head with seed is likewise; the Root is great, white and thick,  
g down deep in the ground, and abideth many years.

is another sort of Field Scabious different in nothing from the former,  
it is smaller, in all respects.

Corn Scabious, different little from the first, but that it is greater in all  
and the flowers more declining to purple; and the Root creepeth under  
crust of the Earth, and runneth not deep in the ground as the first doth.

.] The first groweth more usually in Meadows, especially about  
every where.

second in some of the dry Fields about this City, but not so plen-  
as the former.

third in standing Corn, or Fallow Fields, and the borders of such  
fields.

.] They flower in June and July, and some abide flowring until ic  
in August, and the Seed is ripe in the mean time.

are many other sorts of Scabious, but I take these which I have  
scribed, to be most familiar with us: The Vertues of both these,  
rest being much alike, take them as followeth.

ment and Vertues.] Mercury owms the

Scabious is very effectual for all sorts of  
shortness of Breath, and all other Di-  
of the Breast and Lungs, ripening and di-  
cold Flegm, and other tough humors,  
them forth by coughing and spitting; it  
also all sorts of inward Ulcers and Im-  
mes, Pleurisie also, if the decoction of the  
dry or green be made in Wine and drunk  
time together; four ounces of the cla-

Cough and shortness of  
Breath, Cold, Flegm, In-  
ward Ulcers and Impost-  
humes, Pleurisie, Infection,  
Carbuncles or Plague-  
Sores, Pains or Stitches in  
the Side, Scabs, Tetters,  
Ringworms, Itch, inward  
Wounds, cold Swellings,  
rified



shrunke Sinewt, Freckles  
and Pimples, Morphew,  
and Leprosie, Dandriff  
and Scurf, Green Wounds,  
old Sores and Ulcers,  
Thorns and broken Bones,  
&c.

ified Juice of *Scabious* taken in the Morn-  
fasting with a dram of Mithridate, or V  
Treacle, freeth the Heart from any Infe  
Pestilence, if after the taking of it, the  
sweat two hours in Bed, and his Medicine be  
and again repeated if need require. The  
Herb bruised and applied to any Carbunc  
Plague sore, is found by certain Experien

dissolve and break it in three hours space. The same Decoction also do  
helpeth the Pains and Stitches in the Sides. The Decoction of the  
taken for forty days together, or a dram of the Powder of them take  
a time in Whey, doth (as *Matthiæus* saith) wonderfully help those that  
troubled with running or spreading Scabs, Tettors, Ring-worms,  
though they proceed from the French-Pox, which he saith he hath  
by Experience. The Juyce or Decoction drunk, helpeth also Scab  
Breakings out of the Itch, and the like. The Juyce also made up in  
Oyntment and used, is effectual for the same purpose. The same  
helpeth all inward Wounds by the drying, cleansing and healing  
therein. And a Syrup made of the Juyce and Sugar, is very effect  
all the purposes aforesaid, and so is the distilled Water of the Herb  
Flowers made in due season; especially to be used when the green  
is not in force to be taken. The Decoction of the Herb and  
outwardly applied, doth wonderfully help all sorts of hard or  
Swellings in any part of the Body, and is as effectual for any shrunke  
or Vein. The Juyce of *Scabious* made up with the Powder of Bone  
Camphire, cleanseth the skin of the Face, or other parts of the Body  
only from Freckles and Pimples, but also from Morphew and Lep  
The Head washed with the same Decoction, cleanseth it from Dandr  
Scurf, Sores, Itch, and the like, being used warm. Tents also dipped  
Juyce or Water thereof, not only healeth all green Wounds, but old  
and Ulcers also. The Herb also bruised and applied, doth in short  
loosen, and cause to be drawn forth any Splinter, broken Bone, Arrow  
or other such like thing lying in the Flesh.

### Scurvy-grass.

Describe.] **O**UR ordinary English Scurvy-grass, hath many thick fat  
more long than broad, and sometimes longer and narrower  
times also smooth on the edges, and sometimes a little wearved, sometimes  
smooth and pointed, sometimes a little hollow in the middle, and round part  
of a sad green, and sometimes a bluish colour, every one standing by it  
upon a long Foot-stalk, which is brownish or greenish also; from among  
rise many slender stalks, bearing few leaves thereon like the other, but  
and lesser for the most part. At the tops whereof grow many whitish  
with yellow threds in the middle, standing about a green Head which be  
the seed vessel, which will be somewhat flat when it is ripe, wherein is con  
reddish seeds; tasting somewhat hot. The Root is made of many white

It flourisheth chiefly in the Mud, wherein it chiefly delights: yet it will well abide in more inland and drier Grounds, and tasteth a little brackish Salt, even as much as where it hath the salt water to feed upon.

It groweth all along the Thames, both on the Effin and both Shores, from Woolwich round about the Sea Coasts to Dover, Portsmouth, and even to Bristol, where it is called *the Key*; the other with round leaves groweth in the Marishes in Bedfordshire, Lincolnshire, and other places in Lincolnshire by the Sea-side.

[Describe.] There is also another sort called Dutch-Scurvigrafs, which is most common and frequent in Gardens, which bears divers fresh, green and almost round, arising from the root, nothing so thick as the former: yet in some places and very large, even twice so big as in others, not almost above the leaves, or in the middle, when not standing on a long foot-stalk; from whence these are drawn long, and very weak stalks, but unlike the former, which have a flower at the top of them, which is very small and white, and the leaves are broader than the former. The Root is white, smooth, and round. The taste is nothing sale at all, but hath a little bitterness. [Use.] It flowreth in April and May, and is used in the same manner as the former. [Observations and Virtues.] It is an herb of Scurvy, and is much more used for the salt taste it beareth, which is the chief cause of the Scurvy; but the Dutch Scurvigrafs is of better use, and is much used (as may be had) by those that have the Scurvy.

ally to purge and cleanse the Blood, the  
 and Spleen, for all which it is in  
 good effect, by taking the Juice in  
 every morning fasting, a Spoonfull of  
 if the concoction is good, and the pur-  
 the Herb runned in a little Ale, ei-  
 self, or with other things, for it openeth the Liver, even  
 cold, clammy and fleshy rich Humours, and cleanseth the  
 Spleen, wasting and consuming both the flegmatick and the  
 thereby bringing to the Body a more healthy Nature. The Juice  
 all foul Ulcers and Sores, and is often gargled  
 with: and used outwardly, to keep the Skin from Spots, Marks,  
 Sores that happen therein.

## Self-h

called also Prunel, Carpenters-herb, Hook-heal, and Sickle-wort.

Sept. **T**HE common groundsel is a small, low, creeping herb, having many small roundish pointed leaves, somewhat like the leaves of a dandelion, of a dark green colour, without any gloss on the edges: from among these arise many hairy stalks, flower a few high, which spread somewhat like the leaves of a dandelion, and set thereon, not to the top, where the leaves are, but to the middle of many small brownish leaves like scales and flowers set together.

shrunke Sinews, Freckles  
and Pimples, Morpheus,  
and Leprosie, Dandriff  
and Scurf, Green Wounds,  
old Sores and Ulcers,  
Thorns and broken Bones,  
&c.

distilled Juice of *Scabious* taken in the Morning  
fasting with a dram of Mithridate, or Ven  
Treacle, freeth the Heart from any Infectio  
Pestilence, if after the taking of it, the pa  
sweat two hours in Bed, and his Medicine be as  
and again repeated if need require. The g  
Herb bruised and applied to any Carbuncle  
Plague sore, is found by certain Experience

dissolve and break it in three hours space. The same Decoction also doth  
helpeth the Pains and Stitches in the Sides. The Decoction of the Root  
taken for forty days together, or a dram of the Powder of them taken  
a time in Whey, doth (as *Matthiolus* saith) wonderfully help those that  
troubled with running or spreading Scabs, Tettors, Ring-worms,  
though they proceed from the French-Pox, which he saith he hath  
by Experience. The Juice or Decoction drunk, helpeth also Scabs  
Breakings out of the Itch, and the like. The Juice also made up into  
Oyntment and used, is effectual for the same purpose. The same  
helpeth all inward Wounds by the drying, cleansing and healing qual  
therein. And a Syrup made of the Juice and Sugar, is very effectual  
all the purposes aforesaid, and so is the distilled Water of the Herb  
Flowers made in due season; especially to be used when the green Herb  
is not in force to be taken. The Decoction of the Herb and Root  
outwardly applied, doth wonderfully help all sorts of hard or  
Swellings in any part of the Body, and is as effectual for any shrunke Sin  
or Vein. The Juice of *Scabious* made up with the Powder of Borax  
Camphire, cleanseth the skin of the Face, or other parts of the Body,  
only from Freckles and Pimples, but also from Morpheus and Leprosie  
The Head washed with the same Decoction, cleanseth it from Dandriff  
Scurf, Sores, Itch, and the like, being used warm. Tents also dipped in  
Juice or Water thereof, not only healeth all green Wounds; but old Sores  
and Ulcers also. The Herb also bruised and applied, doth in short time  
loosen, and cause to be drawn forth any Splinter, broken Bone, Arrow-head  
or other such like thing lying in the Flesh.

### Scurvy-grass.

Descript. ] **O**UR ordinary English Scurvy-grass, hath many thick fat Leaves  
more long than broad, and sometimes longer and narrower, so  
times also smooth on the edges, and sometimes a little wearved, sometimes plain  
smooth and pointed, sometimes a little hollow in the middle, and round point  
of a sad green, and sometimes a bluish colour, every one standing by it  
upon a long Foot-stalk, which is brownish or greenish also; from among which  
rise many slender stalks, bearing few leaves thereon like the other, but low  
and lesser for the most part. At the tops whereof grow many whitish Flowers  
with yellow threads in the middle, standing about a green Head which becomes  
the seed vessel, which will be somewhat flat when it is ripe, wherein is contained  
reddish seed, tasting somewhat hot. The Root is made of many white strings

which stick deeply in the Mud, wherein it chiefly delights : yet it will well abide in the more upland and drier Grounds, and tasteth a little brackish or salt, even here, but not so much as where it hath the salt water to feed upon.

Place.] It groweth all along the Thames side, both on the Essex and English Shores, from Woolwich round about the Sea Coasts to Dover, Portsmouth, and even to Bristol, where it is had in plenty ; the other with round leaves groweth in the Marshes in Holland in Lincolnshire, and other places of Lincolnshire by the Sea-side.

Descript.] There is also another sort called Dutch-Scurvygrafs, which is most common and frequent in Gardens, which hath divers fresh, green and almost round leaves rising from the root, nothing so thick as the former : yet in some rich ground very large, even twice so big as in others, not dented about the edges, or hollow in the middle, every one standing on a long foot-stalk ; from among these rise up divers long, slender, weak stalks, higher than the former, and with more white flowers at the tops of them, which turn into small Pods, and smaller brownish seed than the former. The Root is white, small and thready. The taste of it is nothing salt at all, but hath a hot aromatical spicy taste.

Time.] It flowreth in April and May, and giveth Seed ripe quickly after.

Government and Vertues.] It is an Herb of Jupiter. The English Scurvy-grass is more used for the salt taste it beareth, which doth somewhat open and cleanse ; but the Dutch Scurvygrafs is of better effect, and chiefly used (if it may be had) by those that have the Scurvy,

especially to purge and cleanse the Blood, the Liver and Spleen, for all which Diseases it is of singular good effect, by taking the Juice in the Spring every morning fasting in a cup of drink. The decoction is good for the same purpose, and the Herb tunned up in new drink, either by it self, or with other things ; for it openeth obstructions, evacuating cold, clammy and flegmatick Humours both from the Liver and Spleen, waisting and consuming both the swelling and hardness there, and thereby bringing to the Body a more lively colour. The Juice doth helpeth all foul Ulcers and Sores in the Mouth, if it be often gargled therewith : and used outwardly, cleanseth the Skin from Spots, Marks, and Scars that happen therein.

Scurvy, Liver & Spleen,  
Flegmatick Humors, foul  
Ulcers, and sore Mouths,  
Spots and Scars in the  
Skin.

### Self-heal.

It is called also Prunel, Carpenters-Herb, Hook-heal, and Sickel-wort.

Descript.] THE common Self-heal is a small, low, creeping Herb, having many small roundish pointed leaves, somewhat like the leaves of wild Mints, of a dark green colour, without any dents on the edges : from among which rise divers square hairy stalks, scarce a foot high, which spread sometimes into branches, with divers small leaves set thereon, up to the tops, where stand small spiked heads, of many small brownish leaves like scales and flowers set together.



ether, almost like the head of Cassidony, which flowers are gaping, and of bluish purple, or more pale blue, in some places sweet, but not so in others. The Root consists of many strings or fibres downward, and spreadeth strings also whereby it increaseth. The small stalks with the leaves creeping upon the ground shoot forth fibres taking hold on the ground, whereby it is made a great tuft in a short time.

*Place.]* It is found in Woods and Fields every where.

*Time.]* It flowreth in May, and sometimes in April.

*Government and Vertues.]* Here is another Herb of Venus, Self-heal, whereby, when you are hurt, you may heal your self; 'tis a special Herb for inward and outward Wounds; Take it inwardly in Syrups for inward Wounds; outwardly in Unguents and Plaisters for outward. As Self-heal is like Bugle in form, so also in the qualities and vertues serving for all the

*Inward Wounds and Ulcers, Bruises, Flux of Blood, foul Sores, green Wounds, Head-ach, sores in the Mouth or Throat, and secret parts.*

purposes whereto Bugle is applied with good success either inwardly or outwardly, for inward Wounds or Ulcers, wheresoever within the Body, for bruises or falls, and such like hurts. If it be accompanied with Bugle, Sanicle, and other the like Wound-herbs, it will be more effectual and to wash or inject into Ulcers in the parts outwardly where there is cause to repress the heat and sharpness of humours, flowing to any sore Ulcers, Inflammation, Swellings, or the like: or to stay the Flux of Blood in any wound or part, this is used with good success; as also to cleanse the foulness of Sores and cause them more speedily to be healed. It is an especial Remedy for all green wounds to sodder the Lips of them, and to keep the place from any further inconveniences. The Juice hereof used with Oil of Roses to anoint the Temples and Forehead, is very effectual to remove the Head-ach; and the same mixed with Honey of Roses, cleanseth and healeth all Ulcers in the Mouth and Throat, and those also in the secret Parts. And the Proverb of the Germans, French, and others, is verified in this: *That he needeth neither Physician nor Chirurgeon that hath Self-heal and Sanicle to help himself.*

### The Service-Tree.

**I**T is so well known in the place where it grows, that it needeth no Description.

*Time.]* It flowreth before the end of May, and the Fruit is ripe in October.

*Government and Vertues.]* Services, when they are mellow, are fit to be taken to stay Fluxes, Scouring, and Casting, yet less than Medlers. If they be dried before they be mellow, and kept all the year, they may be used in decoction for the said purpose, either to drink, or to bathe the parts requiring it; and profitably used in that manner to stay the bleeding

*Fluxes, Scourings, and Castings, Bleeding at Wounds, or at Mouth and Nose.*

of wounds, and at the Mouth or Nose; to be applied to the Fore-  
head and Nape of the Neck; and is under the Dominion of Saturn.

### Shepherd's-purse.

It is also called Whoremans Permacity, Shepherd's-Script, Shepherd's-  
Pounce, Toywort, Pick-purse, and Case-weed.

*Descript.*] The Root is small, white, and perisheth every year. The Leaves  
small and long, of a pale green colour, and deeply cut in on both sides, amongst  
which springeth up a stalk which is small and round, containing small leaves upon  
even to the top. The Flowers are white, and very small; after which come the  
little cases which hold the seed, which are flat, almost in the form of a Heart.  
*Place.*] They are frequent in this Nation, almost by every Path-side.  
*Time.*] They flower all the Summer long, nay some of them are so  
fruitful that they flower twice a year.

*Government and Vertues.*] It is under the Dominion of Saturn, and of a  
dry, and binding nature, like to him. It  
stops all fluxes of Blood either caused by inward  
outward wounds; as also Flux of the Belly  
Bloody-flux, spitting and pissing of Blood,  
the terms in Women; being bound to the  
soles of the Hands, and the soles of the Feet, it  
stops the Yellow Jaundice. The Herb being  
dropped into a Pulvis, helps Inflammations, and  
Anthony's Fire. The Juice being dropped into the Ears, helps the  
noises and matterings thereof. A good Ointment may be made  
for all wounds, especially wounds in the Head.

*Stops Fluxes, Flux of the  
Belly, spitting and pissing  
blood, terms stops, Yellow-  
Jaundice, pains, noise, and  
matterings in the Ears,  
Wounds.*

### Smallage.

THIS is also very well known, and therefore I shall not trouble the  
Reader with any description thereof.

*Place.*] It groweth naturally in wet and marsh Grounds; but if it be  
in Gardens, it there prospereth very well.

*Time.*] It abideth green all the Winter, and seedeth in August.

*Government and Vertues.*] It is an Herb of Mercury. Smallage is hotter,  
and much more medicinable than Parsley, for it much more openeth  
obstructions of the Liver and Spleen, rarifieth  
thick Flegm, and cleanseth it and the Blood withal.  
It provoketh Urine and Womens Courses, and is  
a singular good against the yellow Jaundice, tertian  
quartan Agues, if the juice thereof be taken:  
especially made up into a Syrup. The Juice  
put to honey of Roses, and Barley-water, is  
good to gargle the Mouth and Throat of  
those that have Sores and Ulcers in them, and will quickly heal them. The  
Lotion also cleanseth and healeth all other foul Ulcers and Cankers,  
elsewhere.

*Liver and Spleen, Urine,  
and Womens Courses, yel-  
low Jaundice, Agues, sore  
Mouths and Throats, Ul-  
cers, and Cankers, Wind,  
Worms, stinking Breath.*

elsewhere if they be washed therewith. The Seed is especially used to break and expel wind, to kill Worms, and to help a stinking Breach. The Root is effectual to all the purposes aforesaid, and is held to be stronger in operation than the Herb, but especially to open obstruction and to rid away any Ague, if the Juice thereof be taken in Wine, or the Decoction thereof in Wine be used.

### Sope-wort, or Bruise-wort.

**Descript.]** **T**HE Root creepeth under ground far and near, with many joints therein, of a brown colour on the outside, and yellowish within, shooting forth in divers places many weak round stalks, full of joints, set with two leaves apiece at every one of them on the contrary side, which are ribbed somewhat like unto Plantane, and fashioned like the common Field white Campian leaves, seldom having any branches from the sides of the stalks, but set with divers flowers at the top standing in long husks like the wild Campians, made of five leaves apiece, round at the ends, and a little dented in the middle, of a pale Rose colour, almost white, sometimes deeper, sometimes paler; of a reasonable good scent.

**Place.]** It groweth wild in many low and wet Grounds of this Land by the Brooks and sides of running Waters.

**Time.]** It flowreth usually in July, and so continueth all August, and part of September, before they be quite spent.

**Government and Vertues.]** Venus owns it. The Country people in divers places do use to bruise the Leaves of Sope-wort, and lay it to their Fingers, Hands or Legs, when they are cut to heal them up again. Some make great boast thereof, that it is Diuretical, provokes Urine, and thereby to expel Gravel and the Stone in the Reins or Kidneys, and do account it singular good to avoid Hydropical Waters, thereby to cure the Disease of the Dropsie. And they no less extol it to perform an absolute cure in the French-Pox more than either Sarsaparilla, Guajacum, or Clove can do, which how true it is, I leave others to judge.

### Sorrel.

**O**UR ordinary Sorrel which groweth in Gardens, and also wild in the Fields, is so well known, that it needeth no description.

**Government and Vertues.]** It is under the dominion of Venus. Sorrel is prevalent in all hot Diseases, to cool any inflammation and heat of Blood in Agues, Pestilential or Cholerick, or Sickness and Fainting, rising from heat, and to refresh the over-spent Spirit with the violence of furious or fiery fits of Agues; to quench Thirst, and procure an Appetite in fainting or decayed Stomachs: For it assisteth the putrefaction of the Blood, kills

Cooleth Inflammations, and heat of Blood, Agues, quenches thirst, provokes Appetite, kills Worms, Womens Courses, Fluxes, Poyson, Jaundice, inward Ulcers, Itch, Tettors and Ring-

Worms

forms, and is a Cordial to the Heart, which the  
 doth more effectually, being more drying  
 and binding, and thereby stayeth the hot Fluxes  
 Womens Courses, or of Humors in the Bloo-  
 flux, or flux of the Stomach. The Root also  
 a Decoction, or in Powder, is effectual for all the said purposes. Both  
 roots and Seed as well as the Herb, are held powerful to resist the Poison  
 of the Scorpion. The decoction of the Roots is taken to help the Jaun-  
 ce, and to expel the Gravel and the Stone in the Reins or Kidneys. The  
 decoction of the Flowers made with wine and drunk, helpeth the Black  
 andice, as also the inward Ulcers of the Body or Bowels. A Sirup  
 made with the Juice of Sorrel and Fumitory, is a Sovereign help to kill  
 those sharp Humors that cause the Itch. The Juice thereof with a little  
 Vinegar serveth well to be used outwardly for the same cause, and is also  
 profitable for Tetters, Ring-worms, &c. It helpeth also to discuss the  
 kernels in the Throat, and the Juice gargled in the Mouth helpeth the  
 sores therein. The Leaves wrapt up in a Colewort Leaf, and roasted  
 under the Embers, and applied to a hard Imposthume, Botch, Boil, or  
 Plague-fore, do both ripen and break it. The distilled water of the Herb  
 of much good use for all the purposes aforesaid.

Wood-Sorrel.

*Script.*] This groweth low upon the ground, having a number of leaves  
 coming from the root, made of three leaves like a Trefoil, but  
 at the ends, and cut in the middle, of a faint yellowish green colour, every  
 standing on a long footstalk, which at their first coming up, are close folded  
 together to the stalk, but opening themselves afterwards, and are of a fine four  
 leafed; and yielding a Juice which will turn red when it is clarified, and maketh  
 most dainty clear Sirup. Among these leaves rise up divers slender, weak foot-  
 stalks, with every one of them a Flower at the top, consisting of five small pointed  
 leaves Star-fashion, of a white colour in most places, and in some dash'd over with  
 small shew of a bluish on the backside only. After the Flower are past, follow  
 small round beads, with small yellowish seed in them. The roots are nothing but  
 small strings fastned to the end of a small long piece, all of them being of a yel-  
 lowish colour.

*Place.*] It groweth in many places of our Land, in Woods and Wood-  
 sides, where they be moist and shadowed, and in other places, not too  
 much open to the Sun.

*Time.*] It flowreth in April and May.

*Government and Vertues.*] Venus owns it. Wood-sorrel serveth to all the  
 purposes that the other Sorrels do, and is more  
 effectual in hindring putrefaction of Blood, and  
 Ulcers in the Mouth and Body, and in cooling  
 and tempering Heats and Inflammations, to  
 quench thirst, to strengthen a weak Stomach,  
 to procure an Appetite, to stay Vomiting, and  
 very excellent in any contagious sickness, or

Ulcers, Inflammations,  
 procure Appetite, Pestilen-  
 tial Fevers, hot Swel-  
 lings, Canker or Ulcer in  
 the Mouth, Wounds or  
 Stabs, Defluxions.



**Pestilential Fevers.** The Sirup made of the Juice is effectual in all the cases aforesaid, and so is the distilled Water of the Herb also. Spunge or Linnen Cloths wet in the Juice, and applied outwardly to any hot Swellings or Inflammations, doth much cool and help them. The same Juice taken and gargled in the mouth, and after it is spit forth, fresh taken, doth wonderfully help a foul stinking Canker or Ulcers therein. It is singular good in wounds, thrusts and stabs in the Body, to stay bleeding and helpeth to stay any hot defluxions into the Throat or Lungs.

Sow Thistle, and to cleanse and heal the Wounds speedily.

**S**ow-Thistles are generally so well known, that they need no description *Place.*] They grow in our Gardens and manured Grounds, and sometimes by old Walls, the Path-sides of Fields and High-ways.

*Government and Vertues.*] This and the former are under the influence of Venus. Sow-Thistles are cooling, and somewhat binding, and are very fit to cool an hot Stomach, and to ease the gnawing pains thereof. The Herb boiled in Wine is very helpful to stay the dissolution of the Stomach; and the milk that is taken from the stalks when they are broken, given in drink, is beneficial to those that are short-winded, and have a wheesing withal. Pliny saith, That it hath caused the Gravel and Stone to be voided by Urine, and that the eating thereof helpeth a stinking Breath. Three spoonfuls of the Juice thereof taken in White-

wine warmed, and some Oil put thereto, causeth Women in travel to have so easie and speedy delivery, that they may be able to walk presently after. The said Juice taken in warm drink, helpeth the Strangury and pains in making water. The decoction of the Leaves and Stalks, causeth abundance of milk in Nurses, and their Children to be well coloured, and is good for those whose milk doth curdle in their Breasts. The Juice boiled or thoroughly heated with a little Oil of bitter Almonds in the Peel of a Pomegranate, and dropped into the Ears, is a sure remedy for Deafness, Singings, and all other Diseases in them. The Herb bruised, or the Juice, is profitably applied to all hot Inflammations in the Eyes, or wheresoever else, and for Wheals, Blisters, or other the like Eruptions, or heat in the Skin: As also for the heat and itching of the Hemorrhoids, and the heat and sharpness of Humours in the secret parts of Man or Woman. The distilled Water of the Herb is not only effectual for all the Diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest Stomach will not refuse) but outwardly, by applying Cloaths or Spunges wetted therein. It is wonderfully good for Women to wash their Faces therewith, to clear the Skin, and give a lustre thereto.

Southern-Wood.

Southern-wood is so well known to be an ordinary Inhabitant in our Gardens, that I shall not need to trouble you with any description thereof.

Time.] It flowreth for the most part in July and August.

Government and Vertues.] It is a gallant Mercurial Plant, worthy of more esteem than it hath. *Dioscorides* saith, That the Seed bruised, heated in warm water and drunk, helpeth those that are

ursten, or troubled with Cramps or Convulsions of the Sinews, the Sciatica, or difficulty in making water, and bringing down Womens Courses. The same taken in Wine is an Antidote, or Counter-poyson against all deadly Poyson, and driveth away Serpents, and other Venomous Creatures; as also the smell of the Herb being burnt, doth the same. The Oil thereof pointed on the Back-bone before the Fits of Agues come, taketh them away; it taketh away Inflammations in the Eyes, if it be put with some

part of a roasted Quince, and boiled with a few crums of Bread, and applied. Boiled with Barly-meal, it taketh away Pimples, Pusles or Wheals that arise in the Face, or other parts of the Body. The Seed as well as the dried Herb is often given to kill the Worms in Children; The Herb bruised, and laid to, helpeth to draw forth Splinters and Thorns out of the flesh. The Ashes thereof drieth up and healeth old Ulcers, that are without Inflammation, although by the sharpness thereof it biteth sore, and setteth them to sore pains; as also the Sores in the Privy Parts of Man and Woman. The Ashes mingled with old Sallet-Oil, helpeth those that have Hair fallen, and are bald, causing the Hair to grow again either in the Head or Beard. *Durantes* saith, That the Oil made of Southern-wood, and put among the Ointments that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The distilled water of the Herb is said to help them much that are troubled with the Stone, as also for the Diseases of the Spleen and Mother. The Germans commend it for a singular Wound-herb, and therefore call it *Wound-wort*. It is held by all Writers, Ancient and Modern, to be more offensive to the Stomach than Wormwood.

Bursten, Cramps, and Convulsions, Sciatica, Strangury, Womens Courses, Poysons, Agues, Inflamed Eyes, Pimples, Pusles, and Weals, Worms, Splinters and Thorns, old Ulcers, sores in the Privities, Baldness, French-Pox, Stone, Spleen and Mother.

Spignel.

Descript.] THE Roots of common Spignel do spread much and deep in the ground, many strings or branches growing from one head, which is hairy at the top, of a blackish brown colour on the outside, and white within, swelling well, and of an Aromatical taste, from whence rise sundry long stalks of most fine cut leaves like hairs, smaller than Dill, set thick on both sides of the stalks, and of a good scent. Among these leaves rise up round stiff stalks, with a

few Joynts and leaves on them, and at the tops an Umble of fine pure white Flowers. At the edges whereof sometimes will be seen a shew of reddish blue colour, especially before they be full blown, and are succeeded by small, somewhat round seed, bigger than the ordinary Fennel, and of a brown colour, divided into two parts, and crested on the back, as most of the umbelliferous seeds are.

*Place.*] It groweth wild in Lancashire, Yorkshire, and other Northern Countries, and is also planted in Gardens.

*Government and Vertues.*] It is an Herb of Venus. Galen saith, The Root of Spignel are available to provoke Urine, and Womens Couries, but if too much thereof be taken, it causeth Head-ach: The Roots boile in Wine or Water and drunk, helpeth the Strangury, and stoppings of the Urin, the Wind swellings and pains in the Stomach, pains of the Mother, and all Joynt-aches. If the Powder of the Roots be mixed with Honey, and the same taken as a licking Medicine, it breaketh tough Flegm, and drieth up the Rheum that falleth on the Lungs. The Roots are accounted very effectual against the stinging and biting of any Venemous Creature, and is one of the Ingredients in Me thridate, and other Antidotes for the same.

### Spleen-wort, or Ceterach.

*Descript.*] **T**HE smooth Spleen-wort from a black, thready, and Bushy root sendeth forth many long single Leaves, cut in on both sides into round dents, almost to the middle, which is not so hard as that of Polipody, the division being not always set opposite unto the other, cut between each, smooth on the upper side, and a dark yellowish roughness on the back, folding or rowling it self inward at the first springing up.

*Place.*] It groweth as well upon Stone-walls as moist and shadowy places about Brîsfol, and other the West parts plentifully; as also on Framingham Castle, on Beconsfield Church in Berkshire, at Sirowde in Kent, and elsewhere, and abideth green all the Winter.

*Government and Vertues.*] Saturn owns it. It is generally used against the firmities of the Spleen, it helpeth the Strangury, and wasteth the Stone in the Bladder, and is good against the yellow Jaundice, and the Hiccough, but the Juice of it in Women hindreth conception. Matthiolus saith, That if a dram of the dew that is on the back-side of the Leaves, be mixed with half a dram of Amber in Powder and taken with the Juice of Plantane or Plantane, it helps the running of the Reins speedily, and that the Herb and Root being boile and taken, helpeth all Melancholly Diseases, and those especially that arise from the French Disease. Camerarius saith, That the Distilled Water thereof being drunk, is very effectual against the Stone in the Reins and Bladder: and that the Lye that is made of the Ashes thereof being drunk for some time together, helpeth splenetick p

Spleen, Strangury, Stone, Yellow jaundice, running of the Reins, Melancholly Diseases.

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It is used in outward Remedies for the same purpose.

### Star-Thistle.

**A** Common Star-Thistle hath divers long and narrow Leaves lying next the Ground, cut or torn on the edges somewhat deeply, into almost even parts, soft or a little woolly all over the green, among which divers weak stalks parted into many Branches, all lying or leaning down Ground, that it seemeth a pretty Bush, set with divers the like divided Leaves the tops, where severally do stand long and small whitish green Heads, set sharp and long white pricks (no part of the Plant being else prickly) which somewhat yellowish; out of the middle whereof riseth the Flowers composed of small reddish purple threds; and in the Heads after the Flowers are past, small whitish round seed lying down as others do. The Root is small, long, woody, perishing every year, and rising again of its own sowing.

**Place.]** It groweth wild in the Fields about London in many places, as Mile-end Green, in Finsbury-Fields beyond the Wind-Mills, and many other places.

**Time.]** It flowreth early, and seedeth in July, and sometimes in August.

**Government and Vertues.]** This, as almost all Thistles, are under Mars. The Seed of this Thistle made into Powder, and drunk in Wine, provoketh Urine, and helpeth to break Stone, and driveth it forth. The Root in Wine, and given in Wine and drunk, is good against the Plague or Pestilence, and drunk in the morning fasting for some time together, is very profitable for a Fistula in any part of the Body. *Baptista Sardus* much commendeth the distilled water hereof being drunk, to help the Plague Disease, to open the Obstructions of the Liver, and cleanse the Blood from corrupted Humors, and is profitable against Quotidian or Intermitting Agues.

Provokes Urine, Stone, Plague, Fistula, French-Pox, Obstructions, Agues.

### Strawberries.

**These are so well known through this Land, that they need no Description.**

**Time.]** They flower at May ordinarily, and the Fruit is ripe shortly after.

**Government and Vertues.]** *Venus* owns the Herb.

Strawberries when they are green, are cold and dry, but when they are ripe they are cold and moist: the Berries are excellent good to cool the Liver, the Blood and the Spleen, or an hot cholic Stomach; to refresh and comfort the fainting Spirits, and quench Thirst; they are good for other Inflammations, yet it is not amiss to refrain from them in a Feaver, lest by their purgifying in the Stomach they encrease the Fits,

Cool the Liver, Spleen and Stomach, Quench Thirst, Inflammations, provoke Urine, stay the Bloody-flux, and Womens Courses panting of the Heart, Yellow Jaundice, Ulcers, sore Mouths, or Ulcers in the Privities, loose Teeth, The



*Catarrhs, Defluitions, inflamed Eyes, Pusles and Wheals, red Face, deformities in the Skin, Films over the Eyes.*

The Leaves and Roots boiled in Wine and Water and drunk, do likewise cool the Liver, Blood, and assuage all Inflammations in Reins and Bladder, provoke Urine, and allay Heat and sharpness thereof. The same also being drunk, stayeth the Bloody-flux, and Womens Courses, and help the Swellings of the Spleen. The Water of Berries carefully Distilled, is a Sovereign Remedy and Cordial in paunting and beating of the Heart, and is good for the yellow Jaund. The Juice dropped into foul Ulcers, or they washed therewith, or Decoction of the Herb and Root, doth wonderfully cleanse and help cure them. Lotions and Gargles for sore Mouths, or ulcers therein, in the Privy parts, or else where, are made with the Leave and Root thereof; which is also good to fasten loose Teeth, and to be spongy foul Gums. It helpeth also to stay Catarrhs or Defluitions Rheum into the Mouth, Throat, Teeth, or Eyes. The Juice or Water is singular good for hot and red inflamed Eyes, if dropped into them, they bathed therewith. It is also of excellent property for all Pusles, Wheals, and other breakings forth of hot and sharp Humors in the Face and Hands, or other parts of the Body to bathe them therewith; and take away any redness in the Face, or Spots, or other Deformities the Skin, and to make it clear and smooth. Some use this Medicine. Take so many Strawberries as you shall think fitting, and put them in a Distillatory, or Body of Glass fit for them, which being well close set in a Bed of Horfedung for your use. It is an excellent water for hot inflamed Eyes, and to take away any film or skin that beginneth to grow over them, and for such or other defects in them as may be helped by any outward Medicine.

### Succory.

*Descript.]* **T**HE Garden Succory hath longer and narrower Leaves than Endive, and more cut in, or torn on the edges, and the Root abideth many years. It beareth also blue Flowers like Endive, and the seed hardly distinguished from the seed of the smooth or ordinary Endive.

The Wild Succory hath divers long Leaves lying on the Ground, very much cut in or torn on the edges, on both sides even to the middle Rib, ending in a point. Sometimes it hath a red Rib down the middle of the Leaves, from among which riseth up a hard, round, woody Stalk, spreading into many Branches, set with smaller and lesser divided Leaves on them up to the tops, where stand the Flowers which are like the Garden-kind, as the seed is also (only take notice that the Flowers of the Garden-kind are gone in on a Sunny day, they being so cold, that they are not able to endure the beams of the Sun, and therefore more delicate in the shadow,) The Root is white, but more hard and woody than the Garden-kind. The whole Plant is exceeding bitter,

*Place.]* This groweth in many places of our Land, in waste, untilld barren Fields. The other only in Gardens.

*Government and Vertues.]* It is an Herb of Jupiter. Garden Succory, as is more dry, and less cold than Endive, so it becometh more. An handful of the Leaves or Roots boiled in Wine or Water, and a draught thereof drunk fasting, driveth forth Cholerick and Flegmatick Humors, openeth Obstructions of the Liver, Gall and Spleen; helpeth the low Jaundice, the Heat of the Reins, and of Urine; the Dropsie also, and those that have evil disposition in their Bodies, by reason of sickness, evil diet, &c. which the Greeks call *Cachexia*. A decoction thereof made with Wine and drunk, is very effectual against lingering Agues; and a dram of the Seed in

*Cholerick and Flegmatick Humors, Obstructions, yellow Jaundice, hot Reins, and Urine, Dropsie, Agues, Passions of the Heart, Head-ack, Swellings and Inflammations, St Anthony's Fire, Pusles, Wheals, and Pimples, Inflamed Eyes, too much Milk.*

order drunk in Wine before the Fit of the Ague, helpeth to drive it away. The distilled Water of the Herb and Flowers (if you can take it in time) hath the properties, and is especial good for hot Stomachs, in Agues, either Pestilential, or of long continuance, for Swoonings and Passions of the Heart, for the Heat and Headach in Children, and the Blood and Liver. The said Water, or the Juice, or the bruised Leaves applied outwardly, allay Swellings, Inflammations, St. Anthony's Pusles, Wheals and Pimples, especially used with a little Vinegar; also to wash pestiferous Sores. The said Water is very effectual for the Eyes that are inflamed with redness, and for Nurses Breasts that are sore by the abundance of Milk.

The wild Succory, as it is more bitter, so it is more strengthening to the Stomach and Liver.

### Stone Crop, Prick-Madam, or Small Houfleeck.

*Script.]* It groweth with divers trailing Branches upon the Ground, set with many thick, flat, roundish, whitish green Leaves, pointed at the ends. The Flowers stand many of them together, somewhat loosely. The Roots are small, and run creeping under Ground.

*Place.]* It groweth upon the Stone-walls, and Mud-walls, upon the sides of Houses and Pent-houses, and amongst Rubbish, and in other uncultivated places.

*Time.]* It flowreth in June and July, and the Leaves are green all the winter.

*Government and Vertues.]* It is under the Dominion of the Moon, cold and moist, and something binding, and therefore very good to stay Defluxions, especially such as fall upon the Eyes. It stops Bleeding both inward and outward, helps Cankers and all fretting

*Binds, stay Defluxions, Bleeding, stops Cankers, Sores, Ulcers, Choler, ting*

*Cholerick Humors, Poyson, Pestilent Fevers, Tertian Agues, Kings-Evil, Knots and Kernels in the Flesh, Piles.*

foregoing Infirmities; It is so harmles an Herb you can scarce use amils; being bruised and applied to the place it helps the Kings-Evil and any other Knots or Kernels in the Flesh; as also the Piles.

### English Tobacco.

**Descript.]** **T***His riseth up with a thick round Stalk about two foot high whereon do grow thick, flat green Leaves, nothing so large as the other Indian kinds, somewhat round pointed also, and nothing dented about the edges: The Stalk brancheth forth and beareth at the tops divers Flowers set with green Husks, like the other, but nothing so large; scarce standing above the brim of the Husks, round pointed also, and of a greenish yellow colour. The seed that followeth is not so bright, but larger, contained in the like great Heads. The Roots are neither so great nor Woody, and perishing every year with the hard Frosts in Winter, but riseth generally of its own sowing.*

**Place.]** This came from some parts of *Brasile*, as is thought, and is more familiar in our Countrey, than any of the other sorts; early giving ripe Seed, which the other seldom do.

**Time.]** It flowreth from *June*, sometimes to the end of *August*, or later, and the Seed ripeneth in the mean time.

**Government and Vertues.]** It is a Martial Plant. It is found by good experience to be available to expectorate rough *Flegm* from the Stomach, Chest and Lungs. The Juice thereof made into a Syrup, or distilled water of the Herb drunk with sugar, or without if you will, or the smoke taken by a pipe as is usual, but fasting; the fume helpeth to expel worms in the Stomach and Belly, and to ease the pains in the Head, Megrim, and the griping pains in the Bowels. It is profitable for those that are troubled with the Stone in the Kidneys, both to ease Pains, provoking urine, and to expel gravel and stone ingendred therein, and hath been found very effectual to expel windiness and other humors which cause the strangling of the Mother. The seed hereof is very effectual to expel the Tooth-ach, and the ashes of the burnt Herb to cleanse the Gums and make Teeth white. The Herb bruised and applied to the place grieved with the Kings-Evil, helpeth it in nine or ten days effectually. *Manardus* saith, It is a Counter-Poyson against the biting of any Venomous Creature.

*Tough Flegm, Worms, Meagrim, Pains in the Bowels, Gravel and Stone, Wind, Mother, Tooth-ach, Kings-Evil, Venomous Creatures, Ague, Cramps and Aches, Sciatica, Itch, Scabs and Ulcers, Cankers and foul Sores, Lice, fresh Wounds and Sores, Impostumes and hard Swellings.*

mors which cause the strangling of the Mother. The seed hereof is very effectual to expel the Tooth-ach, and the ashes of the burnt Herb to cleanse the Gums and make Teeth white. The Herb bruised and applied to the place grieved with the Kings-Evil, helpeth it in nine or ten days effectually. *Manardus* saith, It is a Counter-Poyson against the biting of any Venomous Creature.

Creatur

ture; the herb also being outwardly applied to the hurt place. The distilled water is often given with some sugar before the fit of an ague to fetch it, and take it away in three or four times using. If the distilled feces of the herb having been bruised before the distillation, and not distilled dry, set in warm dung for fourteen days, and afterwards be hung up in a Wine Cellar; the liquor that distillereth therefrom, is singular good use for cramps, aches, the gout and sciatica, and to heal itches, scabs and burning ulcers, cankers and foul sores whatsoever. The juice is also good for all the said griefs, and likewise to kill lice in Childrens heads. The green herb bruised and applied to any green wound, cureth any fresh wound or cut whatsoever; and the juice put into old sores, both cleanseth and healeth them. There is also made hereof, a singular good salve to help Imposthumes, hard tumors, and other swellings by blows and falls.

### The Tamarisk Tree.

It is so well known in the places where it grows, that it needeth no description.

[Time.] It flowreth about the end of May or in June, and the seed is ripe and blown away in the beginning of September.

[Government and Vertues.] As gallant a Saturnine herb it is, if the root, leaves, or young branches, be boiled in wine or vinegar, and drunk, and applied outwardly, it is very powerful against the hardness of the spleen. The leaves boiled in wine and drunk, is good to stay the bleeding of the Hemorrhoidal Veins, the stopping of blood, and Womens too abounding courses, and helpeth the jaundice, the cholick and the biting of all venomous Serpents, except the Aspid. The bark is as effectual, if not more, to all the purposes aforesaid, and both it and the leaves boiled in wine, and the mouth and teeth washed therewith, helpeth the tooth-ach; being dropped

*Spleen, Hemorrhoids, spitting blood, Womens courses, jaundice and colick, venom Serpents, tooth-ach, pain in the ears, watering eyes, gangreens and ulcers, nits and lice, spleen, burning and scalding, French Pox, leprosie and scabs, dropsie, melancholy, black jaundice*

in the ears easeth the pains, and is good for the redness and watering of the eyes: The said decoction, with some honey put thereto, is good to stay gangreens and fretting ulcers, and to wash those that are subject to nits and lice. The wood is very effectual to consume the spleen, and therefore to drink of cups and cans made thereof, is good for splenetick persons. The Ashes of the wood are used for all the purposes aforesaid; and besides, doth quickly help the blisters raised by burnings or scaldings, by fire or water. *Alpinus* and *Veslingus* do affirm, That the Egyptians do with good success use the wood hereof to cure the French disease, as others do *Lignum Vitæ* or *Guaiajacob*; and give it also to such as are possessed with leprosie, scabs, pushes, ulcers, or the like; and is available to help the dropsie, arising from the hardness and obstruction of the spleen, as also for melancholy, and the black jaundice that ariseth thereof.

Garden



## Garden Tansie.

**G**Arden Tansie is so well known, that it needeth no description.  
*Time.] It flowreth in June and July.*

*Government and Vertues.]* Dame Venus was minded to pleasure Women with Child by this Herb, for there grows not an herb fitter for their use than this is; it is just as though it were cut out for the purpose: The herb bruised and applied to the Navel, stays Miscarriages, I know no herb like for that use; boiled in ordinary Beer, and the Decoction drunk, doth the like; and if her womb be not as she would have it, this decoction will make it as she would have it, or at least as she should have it: Let those women that desire Children, love this Herb, 'tis their best Companion, their Husband excepted. Also it consumes the flegmatick humours the cold and moist constitution of Winter most usually infects the body of man with, and that was the first reason of eating Tansies in the Spring; at last the World being over-run with Popery, a Monster called Superstition, perked up his head, and as a just Judgment of God, obscures the bright beams of Knowledge by his dismal looks (Physicians seeing the Pope and his Impious selfish, they began to do so too) and now forsooth Tansies must be eaten only on Palm and Easter Sundays, and their neighbour days; at last superstition being too hot to hold; and the selfishness of Physicians walking under the Clouds; after the Fryars and Monks had made the people ignorant, the superstition of the Time was found out, but the vertue of the Herb hid, and now 'tis almost, if not altogether left off. Surely our Physicians are not holding to none so much as they are to Monks and Fryars; for want of eating this Herb in Spring, maketh people sickly in Summer; and that makes work for the Physician. If it be against any Man or Womans conscience to eat a tansie in the Spring, I am as unwilling to burthen their consciences, as I am that they should burthen mine; they may boil it in wine and drink the Decoction, it will work the same effect. The Decoction of the common Tansie, or the Juice drunk in wine, is a singular remedy for

*Dysury, Strangury, Reins, Kidneys, Wind, Womb, Miscarriage, Stone, Stomach, Worms, Cramps.*

the griefs that come by stopping of the Urine, helpeth the Strangury, and those that have weak reins and kidneys; It is also very profitable to dissolve and expel wind in the stomach, belly and bowels, to procure Womens courses, and expel windiness in the Matrix, if it be bruised and often smelled unto, as also applied to the lower part of the belly. It is also very profitable for such Women as are given to Miscarry in Child-bearing, to cause them to go out their full time; it is used also against the stone in the reins, especially to men. The Herb fried with Eggs (as it is accustomed in the Spring-time) which is called a Tansie, helpeth to digest and carry downward those bad humours that trouble the stomach; The seed is very profitable given to Children for the Worms, and the juice in drink is as effectual. Being boiled in oil, it is good for the sinews shrunk by cramps, or pained with cold, if thereto applied.

Wild Tanfie, or Silver-Weed.

This is also so well known that it needeth no description.

Place.] It groweth almost in every place.

Time.] It flowreth in June and July.

Government and Vertues.] Now Dame Venus hath fitted Woman with two of one name, one to help Conception, the other to maintain Beauty, what more can be expected of her? What now remains for you, but love your Husbands, and not to be wanting to your poor Neighbours.

Tanfie stayeth the lask, and all the Fluxes of Men or Women, which some say it will if the green Herb be worn in the shooes, so it heat the Skin; and 'tis true enough that it will the terms, if worn so, and the whites too, for as I know. It stayeth also spitting or vomiting of blood. The powder of the dried herb taken with some of the distilled water, helpeth the whites to come, but more especially, if a little coral or roory in powder be put to it; it is also much

Flux, Terms stops, Vomiting of Blood, White Respirations, Belly-ach, Sciatica, Joynts, Tooth-ach, loose Teeth, Gums, Ulcers in the Mouth, Wounds, Sore Legs, Pimples, Freckles, Sun-burning.

commended to help Children that are bursten, and have a rupture, being put in water and salt. Being boiled in wine and drunk, it easeth the gripes of the bowels, and is good for the Sciatica and Joint-aches. The Herb boiled in vinegar, with Honey and Allom, and gargled in the mouth, ease the pains of the tooth-ach, fastneth loose teeth, helpeth the gums if they are sore, and setteth the palate of the mouth in its place, when it is blown down. It cleanseth and healeth the Ulcers in the mouth or secret parts, and is very good for inward wounds, and to close the lips of green wounds; as also to heal old, moist, corrupt running sores in the legs or elsewhere. Being bruised and applied to the soles of the feet and hands, it wonderfully cooleth the hot fits of Agues, be they never so violent. The distilled water cleanseth the skin of all discolourings therein, as the Leprosy, Sun-burning, &c. as also Pimples, Freckles, and the like; and if dropped into the Eyes, or cloaths wet therein and applied, taketh away heat and inflammations in them.

Thistles.

Of these are many kinds growing here in England, which are so well known that they need no description; Their difference is easily known by the places where they grow, viz.

Some grow in fields, some in meadows, and some against the corn; on heaths, greens, and waste grounds in many places.

They flower in June and August, and their seed is ripe quickly.

Government and Vertues.] Surely Mars rules it, it is such a prickly business.

These Thistles are good to provoke Urine, and to amend the stinking smell thereof; as also the rank smell of the

Dysury.

Arm.

Armpits, or the whole Body, being boiled in wine and drunk, and are said also to help a king breath, and to strengthen the Stomach. Pliny saith, That the juice bathed on the place that wanteth Hair, being fallen off, will cause it to grow again speedily.

### The Melancholly-Thistle.

**Descript.]** It riseth up with tender single hoary green stalks, bearing thereof four or five long hoary green leaves, dented about the edges, the thereof are little or nothing prickly, and at the top usually but one head, sometimes from the bosom of the uppermost leaf there shooteth forth another smaller head, scaly and somewhat prickly, with many reddish purple thrums or in the middle, which being gathered fresh, will keep the colour a long time, and fadeth not from the stalk in a long time, while it perfecteth the seed, which is of a mean bigness lying in the down. The Root hath many long strings from the head, or upper part, which is blackish and perisheth not.

There is another sort little differing from the former, but that the leaves are more green above, and more hoary underneath, and the stalk being about a foot high, beareth but one scaly head, with threads and seeds as the former.

**Place.]** They grow in many moist Meadows of this Land, as in the Southern, as in the Northern parts.

**Time.]** They flower about July or August, and their seed ripeneth quickly after.

**Government and Vertues.]** 'Tis under Capricorn, and therefore under Saturn and Mars, one rideth Melancholy by sympathy, the other by antipathy. Their vertues are but few, but those not to be despised; for the decoction of the Thistle in wine being drunk, expels superfluous Melancholy out of the body, and makes a Man as merry as a Child. The decoction of superfluous Melancholy, cureth care, fear, sadness, despair, envy, and many evils more besides.

Religion teacheth to wait upon God's Providence, and cast our care upon him, who careth for us. What a fine thing were it if men and women could live so? and yet seven years care and fear makes a man never wiser, nor farthing richer. Dioscorides saith, The Root born about one doth the same, and removes all diseases of Melancholy. Modern Writers laugh at it. Let them laugh that win. My opinion is, That 'tis the best remedy against all Melancholly diseases that grows, They that please may use it.

### Our Lady's Thistle.

**Descript.]** OUR Lady's Thistle hath divers very large and broad leaves lying on the ground, cut in, and as it were crumpled, somewhat hairy on the edges, of a white green shining colour, whereon many lines and strakes of a milk white colour running all over, and so

many sharp and stiff prickles all about ; among which riseth up one or more strong, round and prickly stalks, set full of the like leaves up to the top, where at the end of every branch come forth a great prickly Thistle-like head, strongly armed with prickles, and with bright purple thrums rising out of the middle of them ; after they are past, the seed groweth in the said heads, lying in a great deal of soft white down, which is somewhat flattish and shining, large and brown. The root is great spreading in the ground, and many strings and small fibres fastened thereunto. All the whole Plant is bitter in taste.

*Place.]* It is frequent on the Bank of almost every Ditch.

*Time.]* It flowreth and seedeth in June, July, and August.

*Government and Vertues.]* Our Ladies Thistle is under Jupiter, and thought to be as effectual as *Carduus Benedictus* for Agues, and to prevent and cure the Infection of the Plague, as also to open obstructions of the Liver and Spleen, and thereby is good against the Jaundice : It provoketh Urine, breaketh and expelleth the Stone, and is good for the Dropsie ; It is effectual also for the pains in the sides, and many other inward pains and gripings ; The seed and distilled water are held powerful to all the purposes aforesaid ; and besides, it is often applied both inwardly to drink, and outward with cloaths or sponges to the region of the Liver to cool the distemperature thereof, and to the region of the Heart, against swoonings and passions of it. It cleanseth the blood exceedingly ; and in Spring if you please to boil the tender plant ( but cut off the prickles, unless you have a mind to choak your self ) it will change your blood as the Season changeth, and that's the way to be safe.

*Agues, Plague, Obstructions, Liver, Spleen, Dropsie, Stitches in the Sides, Liver.*

### The Woolley or Cotton Thistle.

*Descript.]* **T**His hath many large leaves lying upon the ground, somewhat cut in, and as it were crumpled on the edge, of a green colour on the upper side, but covered over with a long hairy wood or cotton down ; set with most sharp and cruel prickles ; from the middle of whose heads of flowers, come forth many purplish crimson threads, and sometimes white, although but seldom ; the seed that followeth in these white downy heads, is somewhat large, long and round, resembling the seed of Ladies Thistle, but paler ; the Root is great and thick, spreading much, yet usually dieth after seed-time.

*Place.]* It groweth on divers Ditch Banks, and in the Cornfields and High-ways, generally throughout the Land ; and is often found growing in Gardens.

*Time.]* It flowreth and beareth seed about the end of Summer, when other Thistles do flower and seed.

*Government and Vertues.]* It is a Plant of Mars. *Dioscorides* and *Pliny* write, That the leaves and roots hereof taken in drink, helpeth those that have



*Crick in the Neck, Spasm, Convulsion, Rickets.* have a Crick in their Neck, that they cannot turn it unless they turn their whole Body. Galen saith, That the Roots and Leaves hereof, are

good for such persons that have their Bodies drawn together by some Spasm or Convulsion, or other Infirmities, as the Rickets (or the College of Physicians would have it the *Rachites*, about which Name they have quarrelled sufficiently) in Children, being a Disease that hinders their growth, by binding their Nerves, Ligaments, and whole structure of their Body.

### The Fuller's Thistle, or Teasel.

**I**T is so well known, that it needs no description, being used with the Cloth-workers.

*The Wild Teasel is in all things like the former, but that the prickles are small soft, and upright, not hooked or stiff, and the Flowers of this are of fine bluish or pale coronation colour, but of the matured kind whitish.*

*Place.]* The first groweth, being sown in Gardens or Fields, for the use of Cloth-workers: the other near Ditches and Cills of water, in many places of this Land.

*Time.]* They flower in July, and are ripe in the end of August.

*Government and Vertues.]* It is an Herb of Venus. Dioscorides saith, That the Root bruised and boiled in Wine till it be thick, and kept in a Brazen Vessel or Pot, and after spread as a Salve, and applied to the Fundament doth heal the Clefts thereof, as also Cankers and Fistula's therein, and also taketh away Warts and Wens. The Juice of the Leaves dropped in to the Ears killeth Worms in them. The distilled water of the Leaves dropped in the Eyes, taketh away redness and mists in them, that hinder the Sight, and is often used by Women to preserve their Beauty, and to take away Redness and Inflammations, and all other heat or discolourings.

### Treacle-Mustard.

*Descript.]* **I**T riseth up with a hard round stalk, about a foot high, parted in some branches, having divers soft green leaves long and narrow set thereon, waved, but not cut into the edges, broadest towards the ends, somewhat round pointed; the Flowers are white that grow at the tops of the branches, spike fashion, one above another; after which come round pods parted in the middle with a furrow, having one blackish brown Seed on either side, somewhat sharp in taste, and smelling of Garlick, especially in the Field where it is natural, but not so much in Gardens; the Roots are small and thready, perishing every year.

Give me leave here to add Mithridate-Mustard, although it may seem more properly by the Name to belong to the Alphabet M.

Mithridate

## Mithridate-Mustard.

**Descript.]** **T** His groweth higher than the former, spreading more and longer branches, whose leaves are smaller and narrower, sometimes unevenly dented about the edges. The Flowers are small and white, growing on long branches, with much smaller and rounder Seed-vessels after them, and part in the same manner, having smaller brown Seeds than the former, and much sharper in taste. The root perisheth after Seed-time, but abideth the first Winter after the springing.

**Place.]** They grow in fundry places of this Land, as half a mile from Hatfield, by the River-side, under a Hedge, as you go to Hatfield, and the Street of Peckham on Surry side.

**Time.]** They flower and seed from May to August.

**Government and Virtues.]** Both of them are Herbs of Mars. These Mustards are said to purge the Body both upwards and downwards, and procureth Womens Courses so abundantly, that it suffocatheth the Birth. It breaketh inward Imposthumes, being taken inwardly; and used in Clusters, helpeth the Sciatica: The Seed applied doth the same. It is an especial Ingredient unto Mithridate and Treacle, being of it self an Antidote resisting Poison, Venom and Putrefaction. It is also available in many cases for which the common Mustard is used, but somewhat weaker.

*Purge the Body, Terms provoke, Imposthumes, Sciatica, Poyson, Venom, Putrefaction.*

## The Black-Thorn, or Sloe-bush.

It is so well known that it needeth no description.

**Place.]** It groweth in every Country, in the Hedges and borders of the fields.

**Time.]** It flowreth in April, and sometimes in March, but ripeneth the fruit after all other Plumbs whatsoever, and is not fit to be eaten until Autum Frost hath mellowed them,

**Government and Vertues.]** All the parts of the Sloe-Bush are binding, cooling and dry, and all effectual to stay bleeding at the Nose and Mouth, or any other place; the decoction of the Belly or Stomach; or the Bloody Urine, the too much abounding of Womens Courses,

*Binds, Cools, Dries, Bleeding Flux.*

and helpeth to ease the pains of the Sides, Bowels and Guts, that come from over-much scouring, to drink the Decoction of the Bark of the Roots, or more usually the Decoction of the Berries, either fresh or dried. The Juice of the Berries is also of very much use, and more familiarly taken for the purpose aforesaid. But the distilled Water of the Flowers first steeped in Sack a night, and drawn therefrom by the heat of *Balneum, Anglice*, a Bath, is the most certain Remedy, tried and approved to ease all manner of Gnawings in the Stomach, the Sides and Bowels, or griping pains in any of them, to drink a little quantity when the extremity of pain is past. The Leaves also are good to make

*Gnawings in the Bowels and Stomach, sore Mouth and Throat.*

Lotions to gargle and wash the Mouth and Throat, wherein are swelling sores, kernels, and to stay the defluxions of rheum to the Eyes or other parts as also to cool the heat and inflammations of them, and to ease hot pains of the Head, to bathe the Forehead and Temples therewith. The simple distilled water of the flowers is very effectual for the said purposes, and the condensate juice of the Sloes. The distilled water of the green berries is used also for the said effects.

### Thorough-wax, or Thorough-leaf.

**Descript.]** Common Thorough-wax, sendeth forth one straight round stalk and sometimes more, two foot high, or better, whose lower leaves being of a bluish green colour, are smaller and narrower than those up higher, and stand close thereto, not compassing it; but as they grow higher they do more and more encompass the stalks, until it wholly (as it were) passeth through them, branching toward the top into many parts, where the leaves grow smaller again, every one standing singly, and never two at any joint. The flowers are very small and yellow, standing in tufts at the heads of the branches, where afterwards grow the seed, being blackish, many thick thrust together. The root is small, long and woody, perishing every year after seed time, and rising again plentifully of its own sowing.

**Place.]** It is found growing in many Corn-fields, and Pasture-ground in this Land.

**Time.]** It flowreth in July, and the seed is ripe in August.

**Government and Vertues.]** Both this and the former are under the influence of Saturn. Thorough-wax is of a singular good use for all sorts of bruises and wounds either inward or outward, and old ulcers and for the like likewise if the decoction of the herb with water and wine be drunk

and the place washed therewith, or the juice of the green herb bruised or boiled either by it self, or with other Herbs in Oyl or Hogs-grease, to be made into an Ointment to serve all the year.

The decoction of the Herb, or powder of the dried Herb taken inwardly, and the same, or the leaves bruised and applied outwardly, is singular good to cure Ruptures, and Burstings, especially in Children, before it be too old. Being applied with a little flower and wax to Childrens Navels that stick forth, it helpeth them.

### Time.

**I**T is in vain to describe an Herb so commonly known.

**Government and Vertues.]** It is a notable strengthener of the Lungs, as notable a one as grows; neither is there scarce a better remedy growing for that disease in Children, which they commonly call the Chincough, than this. It purgeth the Body of flegm, and is an excellent remedy for shortness of breath. It kills worms in the belly; and being a notable Herb of Venus, it

Lungs, Chin-cough,  
Flegm, shortness of  
Breath, Worms, Terms  
provokes, safe and  
speedy Delivery to

okes the Terms, gives safe and speedy delivery  
 Women in Travel, and brings away the Af-  
 er-birth. It is so harmless, you need not fear  
 the use of it. An Ointment made of it takes a-  
 way hot swellings and Warts, helps the Sciatica  
 and dulness of Sight, takes away the pains and  
 hardness of the spleen; 'tis excellent good for  
 those that are troubled with the Gout, as also to anoint the Cods that are  
 swelled. It easeth pains in the Loins and Hips; The Herb taken any  
 way inwardly comforts the Stomach much, and expels wind.

*Women in Travel, After-  
 birth, hot swellings,  
 Warts, Sciatica, Sight,  
 Spleen, Gout, Cods swell-  
 ed, Loins and Hips, Sto-  
 mach, expel Wind.*

### Wild Time, or Mother of Time.

**W**ild Time also is so well known that it needeth no description.  
 Place.] It may be found commonly in Commons, and other  
 barren places throughout the Nation.

Government and Vertues.] This also is under the  
 dominion of *Venus*, though under the sign of *Aries*;  
 and therefore chiefly appropriated to the head. It  
 provoketh urine and the terms, and easeth the gri-  
 ping pain of the belly, cramps, ruptures, and in-  
 flammation of the liver. If you make a vinegar of  
 the herb, as vinegar of roses is made, you may  
 find out the way in my Translation of the London  
 Dispensatory and anoint the head with it, it pre-  
 sently stops the pains thereof. It is excellent good  
 to be given either in a frenzy or lethargy, altho'  
 they are two contrary diseases. It helps spitting &  
 spilling of blood, coughing and vomiting, it comforts and strengthens the  
 head, stomach, reins and womb, expels wind, and breaks the stone.

*Urine provokes, Terms  
 provokes, Pain and  
 Gripping of the Belly,  
 Cramps, Ruptures, In-  
 flammations, Liver,  
 Pains of the Head, Fren-  
 zies, Lethargies, Blood,  
 Coughing, Vomiting, Head  
 strengthneth, Stomach,  
 Reins, Womb, Wind,  
 Stone.*

### Tormentill, or Setfoyl.

Descript.] **T**his hath many reddish, slender weak branches rising from the root,  
 lying upon the ground, or rather leaning than standing upright,  
 with many short leaves that stand closer to the stalks than Cinquefoyl which do (this  
 is very like) with the Foot-stalk encompassing the branches in several places; but  
 those that grow next to the ground, are set upon long Foot-sticks, each whereof  
 are like the Leaves of Cinquefoyl, but somewhat long and lesser, and dented about  
 the edges, many of them divided but into five leaves, but most of them into seven,  
 whence it is also called Setfoyl; yet some may have six, and some eight, according  
 to the fertility of the Soyl. At the tops of the branches stand divers small yellow  
 flowers consisting of five leaves, like those of Cinquefoyl, but smaller. The root is  
 smaller than Bistort, somewhat thick, but blacker without, and not so red within,  
 sometimes a little crooked, having many blackish fibres thereat.

Place.] It groweth as well in woods and shadowy places, as in the open



Champion Country, about the borders of fields in many places of the Land, and almost in every Broom-field in *Essex*.

*Time.*] It flowreth all the summer long.

*Government and Vertues.*] This is a gallant herb of the *Sun*. Tormentil

*Flux, Bleeding, Veins cut, Terms stops, Fevers, Pestilence, Small Pox, Measles, Purples, Poyson, Spleen, Blood inflamed, Liver, Lungs, Yellow-Jaundice, French-Pox, Miscarriage, Diabetes, Worms, Rupture, Tooth-ach, Wounds, Sores, Hurts, Gout, Scabby Heads.*

is most excellent to stay all kinds of fluxes of blood or humours in man or woman, whether in nose, mouth, belly, or any wound in the veins or elsewhere. The juice of the herb or root taken in drink, not only resisteth all poison and venom of any creature, but of the Plague it self, and Pestilential Fevers, and contagious diseases, as the *Pox*, Measles, Purples, &c. expelling the venom and infection from the heart by sweating. If the green root be not at hand to be had, the powder of the dry root is as effectual, a dram thereof being taken every morning. The decoction likewise of the herb and roots made in wine, and drunk

worketh the same effect; and so doth the distilled water of the herb and root, being steeped in wine for a night, and then distilled in *Balneo Maria*. The water thus distilled, taken with some *Venice Treacle*, and the party presently laid to sweat, will certainly (with God's help) expel any venomous poison, or the plague, fever, &c. for it is an ingredient of especial respect in all antidotes or counter-poyson. There is not found any root more effectual to help any flux of the belly, stomach, spleen, or blood, than this to be taken inwardly, or applied outwardly. The juice taken, doth wonderfully open obstructions of the liver and lungs, and thereby in short space helpeth the yellow Jaundice; some use to make Cakes hereof as well to stay all fluxes, as to restrain all cholerick belchings, and much vomiting with loathings in the stomach. The Powder of the dried root made up with the white of an Egg, and baked upon a hot tile will do it. *Andreas Valesius* is of opinion, that the decoction of this root is no more less effectual to cure the French Pox than *Guajacum* or *China*; and is not unlikely, because it so mightily resisteth Putrefaction. *Label* *Faint* That *Fandelitius* used it as *Hermesdactyls* for Joynt-aches; the powder or decoction to be drunk, or to sit therein as a bath, is an assured remedy against Abortion in Women, if it proceed from the over-flexibility or weakness of the inward retentive faculty, as also a Plaister made therewith and vinegar applied to the reins of the back, doth much help not only but also those that cannot hold their water, the Powder being taken in the Juice of Plantane, and is also commended against the Worms in Children. It is very powerful in Ruptures and Burstings; as also for Bruises and Falls to be used as well outwardly as inwardly. The root hereof made up with *Pellitory of Spain* and Allum, and put it into an hollow tooth, not only assuageth pain, but stayeth the flux of humors which caused it. Tormentil is no less effectual and powerful a Remedy against outward wounds, sores and hurts than for inward, and is therefore a special Ingredient meet to be used in Wounds.

Wound-drinks, Lotions and Injections, for foul corrupt rotten Sores and Ulcers of the Mouth, Secrets or other parts of the Body. And to put either the Juyce or Powder of the Root in such Oyntments, Plaisters, and such things that are to be applied to Wounds or Sores. It also dissolveth all Knots, Kernels, and hardness gathered about the Ears and Throat, and Jaws, and the Kings-Evil, if the Leaves and Roots be bruised and applied thereto. The same also easeth the pain of the Sciatica or Hip-Gout, by restraining the sharp Humors that flow thereto. The Juyce of the Leaves and the Roots used with a little Vinegar, is also a special Remedy against the running Sores of the Head or other parts; Scabs also and the Itch, or any such Eruptions in the Skin, proceeding of salt and sharp humors. The same is also effectual for the piles or Hemorrhoids, if they be washed or bathed therewith, or with the distilled Water of the Herb and Roots. It is found also helpful to dry up any sharp Rheum that distilleth from the Head into the Eyes, causing redness, pain, waterings, Itching, or the like, if a little prepared Tutia or white Amber be used with the distilled Water thereof. Many Women use this water as a secret to help themselves and others when they are troubled with too much flowing of the Whites or Reds, both to drink it, and inject it with a Syringe. And here's enough, only remember the Sun challengeth the Herb.

Turnsole, or Heliotropum.

**Descript.]** The greater Turnsole riseth up with one upright stalk, about a foot high, or more, dividing it self almost from the bottom into divers smaller Branches, of a hoary colour, at each Joint of the stalk and branches grow two small broad Leaves, somewhat white or hoary also. At the tops of the stalks and branches stand many small white Flowers consisting of four, and sometimes five very small Leaves, set in order one above another, upon a small crooked stike, which turneth inward like a bowed finger, opening by degrees as the Flowers blow open; after which in their Places come forth corner'd seed, four for the most part standing together; the Root is small and threddy, perishing every Year, and the seed shedding every Year, raiseth it again the next spring.

**Place.]** It groweth in Gardens, and flowreth and feedeth with us in England, notwithstanding it is not natural to this Land, but to Italy, Spain and France, where it grows plentifully.

**Government and Vertues.]** 'Tis an Herb of the Sun, and a good one too; Dioscorides saith, That a good handfull of this, which is called the great Turnsole, boiled in Water and drunk, purgeth both Choler and Flegm. and boiled with Cumin and drunk, helpeth the Stone in the Reins, Kidnies, or Bladder, provoketh Urin and Womens courses, and causeth and easie and speedy delivery in Childbirth. The Leaves bruised and applied to places pained with the Gout, or that have been out of Joynt and newly set, are full of pain, do give much ease, the seed and juice of the Leaves also be-

Choler, Flegm, Stone, Dis-  
sury, Terms provokes,  
Gouts, Warts, Wens,  
Disjunctures.

ing rubbed with a little salt upon warts, or wens, and other kernels in the face, eyelids, or any other part of the body, will by often using take them away.

### Meadow Trefoyl, or Honey-Suckles.

**I**T is so well known, especially by the Name of Honey-suckles white and red, that I need not describe them.

*Place.]* They grow almost every where in the Land.

*Government and Vertues.]* Mercury hath dominion over the common sort, Dodeneus saith The Leaves and Flowers are good to ease the Gripping pains of the Gout, the herb being boiled and used in a Clyster. If the Herb be made into a Pultis, and applied to Inflammations, it will ease them.

*Belly-ach, Inflammations, Pin and Web, Eyes.*

The juice dropped into the Eyes, is a familiar Medicine with many Country People to take away the pin and web (as they call it) in the eye; it also allayeth the heat and blood-shooting of them. Country People do also in many places drink the Juice thereof against biting of an Adder; and having boiled the herb in water they first wash the place with the decoction, and then lay some of the herb also to the hurt place. The herb also boiled in Swines grease and so made into an ointment, is good to apply to the biting of any Venomous Creature. The herb also bruised and heated between Tiles, and applied hot to the Share, causeth him to make water who had it stopt before. It is held likewise to be good

*Venomous Beast, Dysury, Wounds, Scars, Whites, Swellings, Imposthumes.*

for wounds, and to take away feed. The decoction of the herb and flowers, with the seed and root, taken for sometime, helpeth women that are troubled with the whites. The seed and flowers boiled in water, and after made into a pultis with some oil and applied, helpeth hard swellings and imposthumes.

### Heart Trefoyl.

**B**ESIDES the ordinary sort of Trefoyl, here are two more remarkable and one of which may probably be called Heart Trefoyl, not only because the leaf is triangular like the heart of a man, but also because each leaf contains the perfect Icon of a Heart, and that in its proper colour, viz. a flesh colour.

*Place.]* It groweth in a field between Longford and Bow, and also beyond Southwark toward Croydon, both by the High-way and parts adjacent.

*Government and Vertues.]* It is under the dominion of the Sun, and if it were used, it would be found as great a strengthener of the heart, and cherisher of the vital spirit as grows, relieving the body against faintings and swoonings, fortifying it against poysons and pestilence, and defending the heart against the noisom vapors of the spleen.

Pearl Trefoyl.

differs not from the common sort, save only in this one particular, that it hath a white spot in the leaf like a Pearl. It is particularly under the dominion of the *Pin and Web in the Eyes*, and its Icon sheweth that it is of singular use against the Pearl, or Pin and Web in the eyes.

Tutsan, or Park-Leaves.

**Script.]** It hath many brownish shining round stalks, crested all the length thereof, rising two by two, and sometimes three foot high, branch-forth even from the bottom, having divers joints, and at each of them two large leaves standing, of a dark bluish green colour on the upper side, and a yellowish green underneath, turning reddish towards Autumn, but abiding on the branches all the winter. At the tops of the stalks and branches stand large flowers, and heads with seed, which being greenish at the first, and afterwards bluish, turn to be of a blackish purple colour when they are ripe, with small bluish seed within them, and then yield a reddish juice or liquor, of a reasonable scent, somewhat resinous, and of a rash and stiptick taste, as the leaves also of the flowers be, although much less, but do not yield such a clear Claret-Wine as some say it doth; The root is brownish, somewhat great, hard and woody, leading well in the ground.

**Place.]** It groweth in many Woods, Groves, and woody Grounds, as Parks and Forrests, and by Hedgesides in many places in this Land, as in the head wood; by Ratley in Essex, in the wild of Kent, and in many other places needless to recite.

**Time.]** It flowreth later than St. John's or St. Peters-wort.

**Government and Vertues.]** It is an Herb of Saturn, and a most nobleativenerean. Tutsan purgeth cholerick hu-

ors, as St. Peters-wort is said to do, for therein it worketh the same effects, both to help the Scia-

Choler, Sciatic, Gout,  
Burning, Bleedings,  
Wounds, Ulcers.

ta, and Gour, and to heal burnings by fire; It

worketh all the bleedings of wounds, if either

the green herb be bruised, or the powder of the dry be applied thereto.

It hath been accounted; and certainly it is a sovereign Herb to heal ei-

ther wound or sore either outwardly or inwardly, and therefore always

used in Drinks, Lotions, Balms, Oils, Ointments, or any sort of green

wounds or old Ulcers, or Sores, in all which the continual experience of

many ages hath confirmed the use thereof to be admirable good, tho it

is not so much in use now, as when Physicians and Chirurgeons were

as wise as to use Herbs more than now they do.

Garden Valerian.

**Descript.]** This hath a thick short grayish root, lying for the most part above ground, shooting forth on all sides, other such like small pieces



pieces or roots, which have all of them many long and great strings and fibres under them in the ground, whereby it draweth nourishment. From the head of the roots spring up many green leaves, which at first are somewhat broad and without a division at all in them, or denting on the edges; but those that rise after, are more and more divided on each side, some to the middle rib, being winged as made on many leaves together on a stalk, and those upon a stalk, in like manner are more divided, but smaller towards the top than below; the stalk riseth ten yard higher or more, sometimes branched at the top with many small whitish flowers, sometimes dashed over at the edges with a pale purplish colour, of a little smell, which passing away, there followeth small brownish white seed, that is easily carried away with the wind. The root smelleth more strong than either leaf or flower and is of more use in Medicine.

*Place.]* It is generally kept with us in our Gardens.

*Time.]* It flowreth in June and July, and continueth flowering until Frost pulls it down.

*Government and Vertues.]* This also is under the influence of Mercury. Dioscorides saith, That the Garden Valerian hath a warming faculty, and that being dried and given to drink, it provoketh Urine, and helps the Strangury; The decoction thereof taketh away doth the like also, and taketh away pains of the Sides, provoketh Womens Courses, and is of use in Antidotes. Pliny saith, That the Powder of the root given in drink or the decoction thereof taken, helpeth all stoppings and stranglings in any part of the Body, whether they proceed of pains in the Chest, Sides, and taketh them away. The root of Valerian boiled in Liquor of Rasins, and Anniseed, is singular good for those that are short-winded, and for those that are troubled with the Cough, and helpeth to open the passages, and to expectorate flegm easily. It is given to those that are bitten or stung by any Venomous Creature, being boiled in Wine. It is of especial vertue against the Plague, the decoction thereof being drunk, and the root being used to smell unto. It helpeth to expel the Wind from the Belly. The green Herb with the root taken fresh, being bruised and applied to the Head, taketh away the pain of the head, and prickings there, stayeth rheum and thinne stillations, and being boiled in White-wine, and a drop thereof put into the Eye, taketh away the dimness of the sight, or any pain in the web therein; It is of excellent property to heal any inward foresore wounds, as also for outward hurts or wounds, and draweth away splinters or thorns out of the flesh.

*Head-ach, Eyes, Pin and Web, Wounds, Splinters, Thorns.*

and applied to the Head, taketh away the pain of the head, and prickings there, stayeth rheum and thinne stillations, and being boiled in White-wine, and a drop thereof put into the Eye, taketh away the dimness of the sight, or any pain in the web therein; It is of excellent property to heal any inward foresore wounds, as also for outward hurts or wounds, and draweth away splinters or thorns out of the flesh.

### Vervain.

*Descript.]* THE Common Vervain hath somewhat long and broad Leaves next the ground, deeply gashed about the edges, and some are deeply dented, or cut all alike, of a blackish green colour on the upper side,

is somewhat grey underneath. The stalk is square, branched into several parts, growing about two foot high, especially if you reckon the long spike of flowers at the top of them, which are set on all sides one above another, and sometimes two or three together, being small and gaping, of a purplish blue colour, and white intermixed, after which come small round seed, in small and somewhat long heads; the seed is small and long, but of no use.

[Place.] It groweth generally throughout this Land in divers places, by the Hedges and Way-sides, and other waste Grounds.

[Time.] It flowreth about July, and the seed is ripe soon after.

[Government and Vertues.] This is also an Herb of Venus, and an excellent herb for the Womb, to strengthen it, and remedy all the cold griefs of it, Plantane doth the hot; the herb bruised and hung about the neck, helps the Head-ach. Vervain is hot and dry, bitter,

opening Obstructions, cleansing and healing; It helpeth the Yellow Jaundice, the Dropsie, and the Gout, the defects of the Reins and Lungs, and generally all inward Pains and Torments of the Body, the leaves being boiled and drunk. The same is held to be good against the biting of Serpents, and other Venomous Beasts; and against the Plague and both Tertian and Quar-  
tan Agues, killeth and expelleth Worms in the Belly, and causeth a good colour in the Face and Body, strengthneth as well as correcteth the Diseases of the Liver and Spleen, is very effectual

in all Diseases of the Stomach and Lungs, Coughs, shortness of Breath, and Wheezings, and is singular good against the Dropsie, to be drunk with some Piony-seed bruised and put thereto, and is no less prevalent for the defects of the Reins and Bladder, to cleanse them of those humours that ingender the Stone, and helpeth to break the Stone, and to expel Gravel; It consolidateth and healeth also all wounds both inward and outward, and stayeth Bleedings, and used with some Honey, healeth all old Ulcers and Fistulaes in the Legs or other parts of the Body; as also those Ulcers that happen in the Mouth; or used with Hogs-grease, it helpeth the swellings and pains of the secret parts in Man or Woman, as also for the Piles and Hemorrhoids; Applied with some Oyl of Roses and Vinegar unto the Forehead and Temples, it easeth the inveterate pains and ach of the Head, and is good for those that are frantick. The Leaves bruised, or the juice of them mixed with some Vinegar, doth wonderfully cleanse the Skin, and taketh away Morpew, Freckles, Fistulaes, and other such like inflammations and deformities of the Skin in any part of the Body. The distilled water of the Herb when it is in full strength, dropped into the Eyes, cleanseth them from Films, Clouds, or Mists, that darken the Sight, and wonderfully strengthneth the Optick Nerves: the said Water is very powerful in all the Diseases aforesaid, either inward or outward, whether they be old corroding sores, or green wounds.

Obstructions, Cleansing, Healing, Yellow Jaundice, Venomous Beasts, Pestilence, Agues, Worms, Cough, shortness of breath, Wheezing, Stone, Gravel, Reins, Bladder, Womb, Dropsie, Bleeding, Wounds, Ulcers, Fistulaes, Head-ach, Frensie, Morpew, Freckles, Eyes.

## The Vine.

**T**HE leaves of the English Vine (I do not mean to send you to the *Canaries* for a Medicine) being boiled, make a good lotion for *Sore Mouths*; being boiled with Barley Meal into a Pultis, it cools inflammation of wounds; the dropping of the Vine when it is cut in the spring, which Country people call *Tears*, being boiled into a syrup with sugar, and taken inwardly, is excellent to stay Women's longings after every thing they see, which is a

*Sore Mouths, Inflammations, Womens Longings, Stone, Teeth Black.*

Disease many Women with Child are subject to. The decoction of Vine leaves in White-wine doth the like: Also the Tears of the Vine drunk two or three spoonfuls at a time, breaks the Stone in the Bladder. This is a very good remedy, and it is discreetly done to kill a Vine to cure a Man, but the salt of the leaves is held to be better. The ashes of the burnt branches will make Teeth that are as black as a Cole to be as white as Snow, if you but every morning rub them with it. It is a most gallant Tree of the Sun, very sympathetical with the body of Man, and that the reason Spirit of wine is the greatest Cordial among all Vegetables.

## Violets.

**B**OTH the Tame and the wild are so well known, that they need no description.

*Time.*] They flower until the end of July, but are best in March at the beginning of April.

*Inflammation, Eyes, Womb, Head-ach, Cholera, Quinsie, Falling-sickness, Swellings, Pleurisie, Flegm, Hoarseness, Throat, Back, Reins, Bladder, thirft Heart.*

*Government and Vertues.*] They are a fine pleasing Plant of *Venus*, of a mild nature, no way harmful. All the Violets are cold and moist while they are fresh and green, and are used to cool any heat or distemperature of the Body either inwardly or outwardly, as inflammation in the Eyes, in the Matrix or Fundament, imposthumes also, and hot swellings to drink the decoction of the leaves or flowers made with

water in wine, or to apply them Pultis-wise to the grieved place; likewise easeth pains in the Head, caused through want of sleep; or any other place arising of heat, being applied in the same manner, with Oil of Roses. A dram weight of the dried Leaves or Flowers of Violets, but the Leaves more strongly doth purge the Body of Cholerick humors, and asswageth the heat, being taken in a draught of Wine or any other Drink; The powder of the purple leaves or the flowers only pickt and dried, and drunk in Water, is said to cure the Quinsie, and the Falling Sickness in Children, especially in the beginning of the Disease. The Flowers of the white Violets ripen and dissolve swellings. The Herb or Flowers while they are fresh, or the

Flowers

flowers when they are dry, are effectual in the Pleurisie, and all diseases of the Lungs, to lenifie the sharpness of hot Rheums, and the hoarseness of the Throat, the heat also and sharpness of Urine, and all pains of the Back Reins, and the Bladder. It is good also for the Liver, and the Jaundice, and in all hot Agues to cool the heat and quench the thirst; but the Syrup of Violets is of most use, and of better effect being taken in some convenient Liquor; and if a little of the Juice or Syrup of Lemons be put to it, a few drops of the Oyl of Vitriol, it is made thereby the more powerful to cool the heat, and quench the thirst, and giveth to the drink a Claret-wine colour, and a fine tart relish, pleasing the taste. Violets taken made up with honey, do more cleanse and cool, and with sugar con-  
sistently. The dried flowers of Violets are accounted amongst the Cor-  
dial Drink, Powders and other Medicines, especially where cooling Cor-  
dials are necessary. The green Leaves are used with other Herbs, to  
make Plaisters and Pultisses for Inflammations and Swellings, and to ease  
pains wheresoever, arising of heat, and for the Piles also, being fried  
with yolks of Eggs, and applied thereto.

### Vipers Bugloss.

*descript.*] **T**his hath many long rough leaves lying on the ground, from among which rise up divers hard round stalks, very rough as if they were thick set with prickles or hairs, whereon are set such like long rough hairy prickly sad green leaves, somewhat narrow; the middle rib for the most part being white. The flowers stand at the top of the stalk, branched forth in many spiked leaves of flowers, bowing or turning like the turnsole, all of them leaning for the most part on the one side, which are long and hollow, turning up at the brims, a little of a purplish violet colour in them that are fully blown, but are reddish while they are in the bud, as also upon their decay and withering: in some places of a paler purple colour, with a long pointel in the middle, fea-  
tured or parted at the top. After the flowers are fallen, the seeds growing to be  
are blackish, cornered and pointed somewhat like the head of a Viper. The  
is somewhat great and blackish, and woolly, when it groweth toward seed  
time, and perisheth in the water.

There is another sort little differing from the former, only in that it beareth  
white flowers.

*Place.*] The first groweth wild almost every where. That with white  
flowers about the Castle-walls in Lewis in Suffex.

*Time.*] They flower in summer, and their seed is ripe quickly after.

*Government and Vertues.*] It is a most gallant Herb of the Sun, it is a pity  
it is no more in use than it is. It is an especial Reme-

dy against the biting of the Viper, and all other veno-  
mous Beasts or Serpents, as also against Poyson or Poyson-  
ous herbs. Dioscorides and others say, That whosoever shall  
take of the herb or root before they be bitten, shall not  
be hurt by the poyson of any Serpent. The root or seed

*Venomous* \*  
*Beasts Poyson,*  
*Heart, sadnest,*  
*Melancholy,*  
*Agues, Milk.*

are



are thought to be most effectual to comfort the heart, and expel sadness or cause less melancholy, it tempers the blood, and allayeth hot fits of griefs. The seed drunk in wine, procureth abundance of milk in Women's breasts. The same also being taken, easeth the pains in the loins, back, and kidneys. The distilled water of the herb when it is in flower,

*Loins, Back, Kidneys.*

its chiefest strength, is excellent to be applied either inwardly or outwardly for all the griefs aforesaid. There is a Syrup made hereof very effectual for the comforting the heart, and expelling sadness and melancholy.

### Wall-Flowers, or Winter Gilli-Flowers.

**T**HE Garden kind are well known, that they need no description. *Descript.] The common single Wall-Flowers, which grow wild abroad have sundry, small, long, narrow and dark green leaves, set without order upon small, round, whitish woody stalks, which bear at the tops divers single yellow flowers one above another, every one bearing four leaves apiece, and of a very sweet scent: after which come long pods, containing reddish seed. The Root is white, hard, and thready.*

*Place.] It groweth upon Church-walls, and old walls of many Houses and other stone-walls in divers places. The other sorts in Gardens only.*

*Time.] All the single kinds do flower many times in the end of Autumn, and if the Winter be mild, all the Winter long, but especially in the months of February, March, and April, and until the heat of the Spring do spend them. But the double kinds continue not flowering in that manner all the year long, although they flower very early sometimes, and in some places very late.*

*Government and Vertues.] The Moon rules them. Galen in his seventh book of simple medicines saith, that the yellow Wall-flowers work more powerfully than any of the other kinds, and is therefore of more use in*

*Obstructions, Liver, Terms  
provokes, After-birth,  
Child, Spleen, Weakness,  
Disjuncture, Gout, Sinews,  
Apoplexy, Palsie.*

*Physick. It cleanseth the blood, and freeth the liver and reins from obstruction, provoketh Women's courses, expelleth the secundine and dead Child, helpeth the hardness and pains of the mother, and of the spleen also, stayeth inflammations and swellings, comforteth and strengthneth any weak part, or out of joint: helpeth to cleanse the*

*eyes from mistiness and films on them, and to cleanse the eyes, filthy ulcers in the mouth, or any other part, and is a singular remedy for the gout, and all aches and pains in the joints and sinews; a conserve made of the flowers is used for a remedy both for the Apoplexy and Palsie.*

### The Wallnut-Tree.

**I**T is so well known, that it needeth no description.

*Time.] It blossometh early before the leaves come forth, and the fruit is ripe in September.*

Government and Vertues] This also is a plant of the Sun. Let the fruit be gathered accordingly, which you shall find to be of most vertues, first they are green, before they have shells. The bark of the tree doth stand dry very much, and the leaves are much the same temperature; but the leaves when they are older, are heating and drying in the same degree, and harder of digestion than when they are fresh, which by reason of their sweetness, are more pleasing, and better digesting in the stomach; and taken with sweet wine, they move the belly downwards; but being old, they move the stomach; and in hot bodies cause cholera to abound, and the head-ach, and are an enemy to those that have the cough; but are less useful to those that have a colder stomach, and are said to kill the broad worms in the belly or stomach. If they be taken with onions, salt, and honey, they help the biting of a mad Dog, or the venom, or infectious ston of any beast, &c. Oneus Pompeius found in the treasury of Mithridates King of Pontus, when he was overthrown, a scrawl of his own hand-writing, containing a medicine against any poyson and infection, which is thus: Take two dry Walnuts, and as many good figs, and twenty leaves of Bay bruised and beaten together with two or three corns of salt, and twenty Juniper-berries, which taken every morning fasting, preserveth from danger or poyson and infection that day it is taken. The juice of the green husks boiled with honey, is an excellent gargle for sore throats, the heat and inflammation in the throat and stomach. The kernels when they grow old, are more oily, and therefore not so fit to be used, but are then used to heal the wounds of the sinews, gangreens and carbuncles. The said kernels being burned, are then very astringent, and stay lasks and womens courses, being taken in red wine, and stay the falling of the hair, and make it fair, being anointed with oil, and wine. The green husks will do the like, being used in the same manner. The kernels when mixed with Rue and Wine, being applied, helpeth the Quinzy; and bruised with some honey, and applied to the Ears, easeth the pains and Inflammations of them. A piece of the green husk put into a hollow tooth, stayeth the Pain. The Catkins hereof taken before they fall off, dried, and beaten a dram thereof in Powder with White-wine, wonderfully helpeth those that are troubled with the rising of the Mother. The oil that is pressed out of the kernels, is very profitably taken inwardly like oil of Almonds to help the cholick, and to expel wind very effectually, an ounce or two thereof may be taken at any time. The young green Nuts taken before they be half ripe, and preserved with sugar, are of good use for those that have weak stomachs, or defluxions thereon. The distilled water of the green husks before they be half ripe, is of excellent use to cool the heat of the head, being drunk an ounce or two at a time; as also to resist the infection of the plague, if some thereof be also applied to the sores thereof. The same

*Binds, Dries, Worms, Poyson, Epidemical Diseases, inflammation in the Throat, Wounds of the Sinews, Gangreens, Carbuncles, Flux, Terms stops, Baldness, Quinsie, Tooth-ach, Cholick, Mother, Wind, Agues, Deafness, Ears.*

also

also cooleth the heat of green wounds and old ulcers, and healeth being bathed therewith. The distilled water of the green husks being when they are shelled from the Nuts, being drunk with a little Vinegar is also found by Experience to be good for those that are infected with Plague, so as before the taking thereof a Vein be opened. The said water is very good against the Quinzy, being gargled and bathed therewith, wonderfully helpeth deafness, the noise, and other pains in the ears. The distilled water of the young green Leaves in the end of May, perform a singular cure on foul running ulcers and sores, to be bathed, with cloaths or sponges, applied to them every Morning.

### Wold, Weld, or Dyers Weed.

**Descrptic.]** **T**He common kind groweth bushing with many leaves, long, and flat upon the ground, of a dark blewish green colour, some like unto Woad, but nothing so large, a little crumpled, and as it were round which do so abide the first year: and the next Spring from among them rise round stalks two or three foot high, beset with many such like leaves but smaller, and shooting forth some small branches, which with the stalks many small yellow flowers in a long spiked head on the top of them, where afterwards come the seed, which is small and black, inclosed in heads that are divided the tops into four parts. The root is long, white and thick, abiding the winter. The whole herb changeth to be yellow after it hath been in flower a while.

**Place.]** It groweth every where by the way-sides in moist Ground well as dry, in corners of Fields and By-lanes, and sometimes all over the field. In *Suffex* and *Kent* they call it *Green-weed*.

**Time.]** It flowreth about *June*.

**Government and Vertues.]** *Matthiolus* saith, That the root hereof cut into small pieces, and steeped in *Rhenish Wine*, and then distilled, is good against tough Plegm, digesteth raw phlegm, thinneeth gross humours, dissolveth hard tumors, and openeth obstructions. Some do highly commend it against the bitings of venomous Creatures, taken inwardly, and applied outwardly to the hurt place: as also for the plague or pestilence. The people in some Countries of this Land, do use to bruise the herb, and lay it to cuts or wounds in the hands or legs to heal them.

### Wheat.

**A**LL the several kinds hereof are so well known unto almost all people, that it is altogether needless to write any description thereof.

**Government and Vertues.]** It is under *Venus*. *Dioscorides* saith, That the eat the Corns of green Wheat is hurtful to the Stomach, breedeth Worms. *Pliny* saith, That the corns of wheat roasted upon an Iron Pan, and eaten, is a present remedy for those that are chilled with Cold. The Oyl pressed from Wheat between two thick plates of Iron or Copper heated, healeth Tettters and Ring-worms, being used warm, and hereby

With he hath known many to be cured *Matthio-* Chops in the Hands and  
 commendeth the same to be put into hollow Feet, mad Dogs, Eyes,  
 Ulcers to heal them up, and it is good for chops Kings Evil, Sinews, Pe-  
 in the Hands and Feet, and to make rugged Skin stikence, Scabs, Leprosie,  
 smooth. The green Corns of Wheat being Venomous Beasts, Cods,  
 chewed and applied to the place bitten by a Hoarseness:  
 mad Dog, healeth it; slices of Wheat Bread  
 soaked in red Rose-water, and applied to the Eyes that are hot, red and  
 inflamed, or blood-shotten, helpeth them. Hot Bread applied for an hour at  
 a time for three days together, perfectly healeth the Kernels in the  
 Throat commonly called the Kings-Evil. The Flower of Wheat mixed  
 with the Juice of Henbane, stayeth the flux of Humors to the Joints, be-  
 ing laid thereon. The said Meal boiled in Vinegar, helpeth shrinking of  
 the Sinews, saith *Pliny*; and mixed with Vinegar and boiled together,  
 healeth all Freckles, Spots, and Pimples, on the Face. Wheat-flower,  
 mixed with the Yolk of an Egg, Honey and Turpentine, doth draw,  
 cleanse and heal any Boil, Plague-sore, or foul Ulcer. The bran of  
 Wheat-meal steeped in sharp Vinegar, and then bound in a Linnen-Cloth,  
 and rubbed on those places that have the Scurf, Morpew, Scabs, or Le-  
 prosie, will take them away, the Body being first well purged and pre-  
 pared. The decoction of the Bran of Wheat or Barley, is of good use to  
 bathe those places that are bursten by a Rupture; and the said Bran boiled  
 in good Vinegar, and applied to swollen Breasts, helpeth them and stayeth  
 all inflammations. It helpeth also the bitings of Vipers (which I take to  
 be no other than our English Adder) and all other Venomous Creatures.  
 That Loaves of Wheat-meal applied with some Salt, taketh away hard-  
 nesses of the Skin, Warts and hard knots in the Flesh. Starch moistned  
 with Rose-water, and laid to the Cods, taketh away their itching. Wafers  
 made in Water and drunk, stayeth the Lask and Bloody-flux, and is profi-  
 tably used both inwardly and outwardly for the Ruptures in Children.  
 Boiled in Water unto a thick jelly and taken, it stayeth spitting blood; and  
 boiled with Mints and Butter, it helpeth the hoarseness of the Throat.

### The Willow-Tree.

These are so well known that they need no description; I shall there-  
 fore only shew you the Virtues thereof.

*Government and Vertues.*] The Moon owns it. Both the Leaves, Bark,  
 and the Seed, are used to stanch bleeding of Wounds, and at Mouth and  
 Nose, spitting of Blood, and other fluxes of Blood in  
 Man or Woman, and to stay Vomiting, and provocation  
 hereunto, if the decoction of them in wine be drunk. It  
 helpeth also to stay thin, hot, sharp salt, distillations from  
 the Head upon the Lungs, causing a Consumption. The  
 leaves bruised with some pepper, & drunk in wine much  
 helpeth the wind cholick. The leaves bruised and boiled  
 in wine and drunk, stayeth the heat of lust in Man or  
 Woman,

Stanch Bleeding,  
 spitting of Blood,  
 Fluxes of Blood,  
 Vomiting, distil-  
 lations on the  
 Lungs, Wind-  
 Cholick, heat of  
 Woman,



Lust, dimness of sight and  
 or her Diseases in the Eyes,  
 Clear the Face, dry up Hu-  
 mours, Warts, Corns and su-  
 perfluous Flesh, Scurf or  
 Dandriff, Feaver.

Woman, and quite extinguisht it, if it be long  
 used: the seed is also of the same effect. The wa-  
 ter that is gathered from the Willow when it  
 floweth, the bark being slit, and a fitting Ves-  
 sel to receive it, is very good for redness and  
 dimness of Sight, or Films that grow over the  
 Eyes, and stay the Rheums that fall into them;

to provoke urine being stopped, if it be drunk; to clear the face and skin  
 from spots and discolourings. Galen saith, the flowers have an admirable  
 faculty in drying up humours, being a medicine without any sharpness or  
 corrosion; you may boil them in White-wine, and drink as much as you  
 will; (so you drink not your self drunk) The Bark works the same effects  
 if used in the same manner, and the tree hath always a bark upon it, tho  
 not always flowers, the burnt ashes of the bark being mixed with Vine-  
 gar, takes away warts, corns, and superfluous flesh, being applied to the  
 place. The decoction of the leaves or bark in wine, takes away scurf or  
 dandriff by washing the place with it. 'Tis a fine cool tree, the boughs  
 of which are very convenient to be placed in the Chamber of one sick  
 of a Feaver.

### Woad.

**Descript.]** *It hath divers large leaves, long and somewhat broad withal, like  
 to those of the greater Plantane, but larger, thicker, of a greenish  
 colour, and somewhat blue withal. From among which Leaves riseth up a lusty  
 Stalk three or four foot high, with divers leaves set thereon; the higher the stalk  
 riseth, the smaller are the leaves; at the top it spreadeth into divers branches, at  
 the end of wh ch appear very pretty little yellow flowers; and after they pass  
 away like other flowers of the fields, come husks, long and somewhat flat withal;  
 in form they resemble a tongue, in colour they are black, and they hang bobbing  
 downwards. The seed contained within these bulks (if it be a little chewed)  
 gives an azure colour. The root is white and long.*

**Place.]** It is sowed in fields for the benefit of it, where those that sow  
 it cut it three times a year.

**Time.]** It floweth in June, but is long after before the seed is ripe.

**Government and Vertues.]** It is a cold and dry Plant of Saturn. Some  
 people affirm the Plant to be destructive to Bees, which if it be, I cannot  
 help it. They say it possesseth Bees with the Flux, but that I can hardly  
 believe, unless Bees be contrary to all other creatures; I should rather think  
 it possesseth them with the contrary Disease, the herb being exceeding  
 drying and binding. However, if any Bees be diseased thereby, the cure is to  
 set urine by them, but set it in such a Vessel that they cannot drown them-  
 selves, which may be remedied if you put pieces of Cork in it. I told you  
 before the herb was drying and binding, and so drying and binding, that  
 it is not fit to be given inwardly. An ointment made thereof stancheth  
 bleeding. A Plaister made thereof, and applied to the region of the spleen  
 (and

(and I pray you take notice that the Spleen lies on the left side) takes away the hardness and pains thereof: The ointment is excellent good in such ulcers as abound with moisture and takes away the corroding and fretting humors: It cools Inflammations, quencheth St. Anthony's-Fire, and stayeth defluxions of Blood to any part of the Body.

Bleeding, Spleen, Ulcers, Inflammations, St. Anthony's Fire, Defluxions of Blood

Woodbind, or Honey-suckles.

It is a Plant so common, that every one that hath Eyes knows them, and he that hath none, cannot read a description if I should write it. Time.] They flower in June, and the fruit is ripe in August.

Government and Vertues.] Doctor Tradition, that grand Introducer of errors, that hater of Truth, that Lover of Folly, and that mortal Foe to Doctor Reason, hath taught the common People to use the leaves of flowers of this Plant in Mouth-water, and by long continuance of time hath grounded it in the brains of the vulgar, that you cannot beat it out with a pottle: All Mouth-waters ought to be cooling and drying, but Honey-suckles are cleansing, consuming and digesting, and therefore no ways fit for inflammations; thus Doctor Reason. Again, if you please we will leave Doctor Reason a while, and come to Doctor Experience, a learned Gentleman, and his Brother: Take a leaf and chew it in your mouth, and you will quickly find it likelier to cause a sore mouth or throat than to cure it. Well then, if it be not good for this, What is it good for? 'Tis good for nothing, for God and Nature made nothing in vain; It is an Herb of Mercury, and appropriated to the lungs; the celestial Crab claims dominion over it; neither is it a foe to the Lyon: If the lungs be afflicted by Jupiter, this is your cure; it is fitting a conserve made of the flowers of it, are kept in every Gentlewomans house; I know a better cure for an Asthma than this; Besides, it takes away the evil of the Spleen, provokes Urine, procures speedy delivery of Women in Travel, helps cramps, convulsions and palsies, and whatsoever griefs come of cold or stopping; if you please to make use of it in an ointment, it will clear your skin of morpew, freckles and Sun-burnings, or whatsoever else discolours it, and then the Maids will love it. I have done when I have told you what Authors say, and cavilled a little with them; they say, the flowers are of more effect than the leaves, and are true; but they say, the seeds are least effectual of all; But Dr. Reason told me, that there was a Vital Spirit in every Seed to beget its like; and Dr. Experience told me, that there was a greater heat in a Seed than there was in any other part of a Plant, and withal, that heat was the motor of action, and then judge if old Dr. Tradition (who may well be honored for his Age, but not for his Goodness) hath not so poisoned the world with Errors before I was born, that it was never well in its wits, and there is great fear it will die mad.

Lungs afflicted, Asthma, Spleen, Provokes Urine & speedy delivery in Child-birth, Cramps, Convulsions and Palsies, Freckles and Sun-burning.

## Wormwood.

**T**Hree Wormwoods are familiar with us, one I shall not describe, another I shall describe, and the third be critical at; and I care not greatly if I begin with the last first.

Sea Wormwood hath gotten as many names as vertues (and perhaps one more) *Seriphian*, *Santonicon*, *Belchicon*, *Narbonense*, *Xantonicon*, *Mileu*, and a matter of twenty more, which I shall not blot Paper with. A Papist got the Toy by the end, and he called it Holy Wormwood; and in truth I am of Opinion, their giving so much holiness to Herbs, is the reason there remains so little in themselves. The seed of this Wormwood is that which usually Women give their Children for the Worms: Of all Wormwoods that grow here, this is the weakest; but Doctors commend it, and Apothecaries sell it; the one must keep his Credit, and the other get Money, and that's the key of the work. The Herb is good for something, because God made nothing in vain: will you give me leave to weigh things in the ballance of Reason? Then thus: The seeds of the common Wormwood are far more prevalent then the seeds of this to expel Worms in Children, or People of ripe age; Of both, some are weak, some are strong. The *Seriphian* Wormseed is the weakest, and happily may prove to be fittest for the weak bodies, (for it is weak enough of all Conscience. Let such as are strong take the common wormseed, for the others will do but little good. Again, near the Sea, many people live, and *Seriphian* grows near them, and therefore is more fitting for their Bodies, because nourished by the same Air; and this I had from Dr. Reason. In what Body Dr. Reason dwells not, dwells Dr. Madness, and he brings in his Brethren, Dr. Ignorance, Dr. Folly, and Dr. Sickness, and these together make way for Death, and the latter end of that Man is worse than the beginning. Pride was the cause of Adam's fall; Pride begat a Daughter, I do not know the Father of it, unless the Devil, but she christned it, and called it Appetite, and sent her Daughter to taste these Wormwoods, who finding this the least bitter, made the squeamish Wench extol it to the Skies, though the Vertues of it never reached to the middle Region of the Air. Its due praise is this; It is weakest, therefore fitter for weak Bodies, and fitter for those bodies that dwell near it, than those that live far from it; my reason is, the Sea (those that live far from it, know when they come near it casteth not such a smell as the Land doth: The tender Mercies of God being over all his Works, hath by his Eternal Providence planted *Seriphian* by the Sea-side, as a fit Medicine for the bodies of those that live near it. Lastly, It is known to all that know any thing in the course of Nature, that the Liver delights in sweet things, if so, it abhors bitter; then if your Liver be weak, it is none of the wisest courses to plague it with an Enemy. If the Liver be weak, a Consumption follows: Would you know the reason? 'tis this, a Man's flesh is repaired by blood, by a third Concoction which transmutes blood into the flesh ('tis well I said (Concoction) say I had said (boiling) every Cook would have understood me.) The Liver

makes blood, and if it be weakned that it makes not enough, the flesh wasteth; and why must flesh always be renewed? Because the Eternal God when he made the Creation, made one part of it in continual dependency upon another; And why did he so? Because himself only is permanent; to teach us, that we should not fix our affections upon what is transitory, but upon what endures for ever. The result of all this is, If the liver be weak, and cannot make blood enough (I would have said (Sanguifie) if I had written only to Scholars) the *Scriphian*, which is the weakest of Wormwoods, it is better than the best. I have been critical enough, if not too much.

*Place.]* It grows familiarly in England by the Sea-side.

*Descript.]* It starts up out of the Earth with many round, woody, hairy stalks from one Root. Its height is four foot high, or three at least. The Leaves in longitude are long, in latitude narrow, in colour white, in form hoary, in similitude like Southernwood, only broader and longer; in taste, rather salt than bitter, because it grows so near the salt water; At the Joynts with the leaves towards the tops it bears little yellow Flowers. The Root lies deep, and is woody.

Common Wormwood I shall not describe, for every Boy that can eat an Egg knows it.

Roman Wormwood; And why Roman, seeing it grows familiarly in England? It may be it was so called, because 'tis good for a stinking breath, which the Romans cannot be very free from, maintaining so many Baudy-Houses by authority of his Holiness.

*Descript.]* The stalks are slender and shorter than the common Wormwood by one foot at least; the leaves are more finely cut and divided than they are, but something smaller; both leaves and stalks are hoary; the flowers of a pale yellow colour; it is altogether like the common Wormwood, save only in bigness, for it is smaller; in taste, for 'tis not so bitter; in smell, for it's spicy.

*Place.]* It groweth upon the tops of the Mountains (it seems 'tis aspiring) there 'tis natural, but usually nursed up in Gardens for the use of the Apothecaries in London.

*Time.]* All Wormwoods usually flower in August, a little sooner or later.

*Government and Vertues.]* Will you give me leave to be critical a little? I must take leave; Wormwood is an herb of Mars, and if *Pontanus* say otherwise he is besides the Bridge. I prove it thus; What delights in Martial places, is a Martial herb; but Wormwood delights in Martial places (for about Forges and Iron-works you may gather a Cart-load of it) Ergo it is a Martial herb. It is hot and dry in the first degree, viz. Just as hot as your blood, and no hotter. It Remedies the evils choler can inflict on the body of man by Sympathy. It helps the evils *Venus* and the wanton Girl produce by Antipathy. And it doth something else besides. It cleanseth the body of choler (and who dares say Mars doth no good?) It provokes Urine, helps sur-

Choler, *Venery*,  
provokes Urine,  
helps Surfeits,  
Swellings, Ap-  
petite lost,  
Rel. Jaundies.



feits, swellings in the belly; It causeth appetite to Meat, because *Mars* rules the attractive faculty in Man: The Sun never shone upon a better Herb for the yellow Jaundice than this; why should Men cry out so much upon *Mars* for an infortunate (or *Saturn* either?) Did God make Creatures to do the Creation a mischief; this Herb testifies that *Mars* is willing to cure all diseases he causes; the truth is, *Mars* loves no Cowards, nor *Saturn* Fools, nor I neither. Take of the flowers of Wormwood, Rosemary, and Black-Thorn, of each a like quantity, half that quantity of Saffron; boil this in Rhenish Wine, but put not in the Saffron till

it is almost boiled; This is the way to keep a Mans body in health, appointed by *Camerarius* in his Book intituled *Hortus Medicus*, and 'tis a good one too. Besides all this, Wormwood provokes the Terms. I would willingly teach Astrologers, and make them Physicians (if I knew how) for they are most fitting for the Calling; if you will not believe me, ask Dr. Hy-

*Preserve Health, Terms  
provoker, Biting of Rats  
and Mice, Mushrooms,  
Wheals, Pusles, Black  
and Blue Spots, Quinsie,  
Eyes.*

poocrates, and Dr. Galen, a couple of Gentlemen that our Colledge of Physicians keep to vapour with, not to follow. In this one Herb I shall give the pattern of a Ruler to the Sons of Art rough-cast, yet as near the truth as the Men of *Benjamin* could throw a stone; whereby my Brethren of Astrologers may know by a Penny how a Shilling is coyned; (as for the Colledge of Physicians they are too stately to learn, and too proud to continue.) They say a Mouse is under dominion of the Moon, and that's the reason they feed in the night; the House of the Moon is *Cancer*; Rats are of the same nature with Mice, but they are a little bigger; *Mars* receives his fall in *Cancer*, Ergo Wormwood being a Herb of *Mars* is a present Remedy for the biting of Rats and Mice. Mushrooms (I cannot give them the title of *Herba*, *Ferix*, or *Arbor*) are under the dominion of *Saturn* (and take one time for another, they do as much harm as good;) if any have Poisoned himself by eating them, Wormwood, an Herb of *Mars*, cures him, because *Mars* is exalted in *Capricorn* the House of *Saturn*, and this it doth by Sympathy, as it did the other by Antipathy. Wheals, Pusles, black and blue spots, coming either by bruising or beatings, Wormwood an Herb of *Mars* helps, because *Mars* (as bad as you love him, and as ill as you hate him) will not break your Head, but he'll give you a Plaister. If he do but teach you to know yourselves, his Courtesie is greater than this Discourtesie. The greatest Antipathy between the Planets, is between *Mars* and *Venus*, one is hot, the other cold; one Diurnal, the other Nocturnal; one dry, the other moist; their Houses are opposite; one Masculine, the other Feminine; one Publick, the other Private; one is valiant, the other effeminate; one loves the light, the other hates it; one loves the Field, the other Sheets; then the Throat is under *Venus*, the Quinsie lies in the Throat, and is an inflammation there; *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* eradicates all diseases in the Throat by his Herbs, (of which Wormwood is one) and sends them to

Egypt on an errand never to return more; this by Antipathy. The Eyes are under the Luminaries; the right Eye of a Man, and the left Eye of a Woman, the Sun claims dominion over; the left Eye of a Man, and the right Eye of a Woman, are Priviledges of the Moon, Wormwood an herb of Mars cures both; what belongs to the Sun by Sympathy, because he is exalted in his House; but what belongs to the Moon by Antipathy, because he hath his fall in hers. Suppose a man be bitten or stand by a Martial Creature, imagine a Wasp, a Hornet, a Scorpion, Wormwood an Herb of Mars giveth you a present Cure; Then Mars Cholerick as he is, hath learned that patience, to pass by your evil speeches of him, and tells you by my Pen, That he gives you no affliction, but he gives you a Cure; you need not run to Apollo, nor Æsculapius; and if he were so Cholerick as you make him to be, he would have drawn his Sword for anger to see the ill conditions of those People that can spy his Vices, and not his Virtues. The Eternal God when he made Mars, made him for publick good and the Sons of Men shall know it in the latter end of the World, *Calum Mars solus habet*. You say Mars is a Destroyer; mix a little Wormwood, an Herb of Mars, with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then Mars is a preserver. Astrologers say Mars causeth Scabs and Itch, and the Virgins are angry with him, because wanton Venus told them he deforms their skins; but quoth Mars, my only desire is, they should know themselves; my Herb Wormwood will restore them to the Beauty they formerly had, and in that I will not come an Inch behind my opposite Venus; for which doth the greatest evil, he that takes away an innate Beauty, and when he has done knows how to restore it again? or she that teaches a company of wanton Lasses to paint their Faces? If Mars be in a Virgin, in the Nativity, they say he causeth the Cholick (his well God hath set some body to pull down the pride of man.) He in the Virgin troubles none with the Cholick, but them that know not themselves for who knows himself, may easily know all the World) Wormwood an herb of Mars is a present cure for it; and whether it be most like a Christian to love him for his good, or hate him for his evil, judge ye. I had almost forgotten, that Charity thinks no evil. I was once in the Tower and viewed the Wardrobe, and there was a great many fine Clothes (I can give them no other title, for I was never either Linnen or Woollen Drawer) yet as brave as they looked, my opinion was, that the Moths might consume them; Moths are under the dominion of Mars, this Herb Wormwood being laid amongst Cloaths, will make a Moth scorn to meddle with the Cloath, as much as a Lyon scorns to meddle with a Mouse, or an Eagle a Fly. You say Mars is angry, and 'tis true enough, he is angry with many Countrymen for being such Fools to be led by the Noses by the Colledge of Physitians, as they lead Bears to Paris Garden. Melancholly Men cannot endure to be wronged in point of good Fame, and that doth sorely trouble old Saturn because they call him the greatest Infortune; In every body of Man he rules the Spleen (and that makes covetous men so Splene-

*Asbiting or stings by  
Venomous Beasts.*

tick) the poor old man lies crying out of his left side, Father Saturn's  
 angry, Mars comes to him; Come Brother I com-  
 fels thou art evil spoken of, and so am I; thou  
 knowest I have my exaltation in my House, I give  
 him an Herb of mine, Wormwood to cure the poor man; Saturn consent-  
 ed; but spoke but little, and so Mars cured him by Sympathy. When Mars  
 was free from War (for he loves to be fighting, and is the best Friend a  
 Soldier hath) I say when Mars was free from War, he called a Council of  
 War in his own Brain, how to know he should do poor sinful man good,  
 desiring to forget his abuses in being called an infortune. He musters up  
 his own Forces, and places them in Battalia; Oh quoth he, why do I  
 hurt a poor silly man or woman? His Angel answers him, 'tis because  
 they have offended their God. (Look back to Adam) Well says Mars, though  
 they speak evil of me, I'll do good to them; Death's cold, my herb shall  
 heat them; they are full of ill humors (else they would never have spoken  
 ill of me) my herb shall cleanse them and dry them; They are poor weak  
 Creatures, my herb shall strengthen them; they are dull-witted, my herb  
 shall fortifie their Apprehensions; and yet amongst Astrologers all this  
 doth not deserve a good word; Oh the patience of Mars.

*Felix qui potuit rerum cognoscere causas,  
 Inque domus superum scandere cura fuit.*

*Oh happy he that can the Knowledge gain,  
 To know th' Eternal God made nought in vain.*

To this I add,

*I know the reason causeth such a Dearth  
 Of Knowledge; 'tis because men love the Earth.*

The other day Mars told me he met with Venus, and he asked her what  
 the reason was that she accused him for abusing women, he never gave  
 them the Pox? in the dispute they fell out, and in anger parted, and Mars told

me that his Brother Saturn told him, that an Antivenerean  
*French Pox.* Medicine was the best against the Pox. Once a month he  
 meets with the Moon. Mars is quick enough of speech, and

the Moon not much behind-hand (neither are most women;) The Moon  
 looks much after Children, and Children are much troubled with the  
 worms; she desired a medicine of him, he bad her take his own herb  
 Wormwood; He had no sooner parted with the Moon, but he met with Ve-  
 nus, and she was as drunk as a Bitch; Alas, poor Venus quoth he; what, thou  
 a Fortune and be drunk? I'll give thee an Antipathetical Cure; Take my

*Surfeit, stinking  
 Breath, Dull  
 Brain, Weak  
 Sight.*

Herb Wormwood, and thou shalt never get a Surfeit by  
 drinking. A poor silly Country-man hath got an Ague  
 and cannot go about his business, he wishes he had  
 not, and so do I, but I'll tell him a remedy, whereby  
 he may prevent it, Take the Herb of Mars Worm-

good, and if infortunes will do good, what will fortunes do? Some say the Lungs are under *Jupiter*; and if the Lungs, then the Breath, and yet a Man sometimes gets a stinking Breath, and yet *Jupiter* is a Fortune forsooth; comes *Mars* to him, Come brother *Jupiter*, thou knowest I sent thee a couple of Trines to thy House last Night, the one from *Aries*, and the other from *Scorpio*, give me thy leave by sympathy to cure the poor Man by drinking a draught of Wormwood Beer every morning. The *Moon* was sick the other day, and she gave a Man two terrible mischiefs, a dull Brain, and a weak Sight; *Mars* lays by his Sword, and comes to her, Sister *Moon*, with he, this Man hath angered thee, but I beseech thee take notice he is not a Fool, prithee be patient, I will with my Herb Wormwood cure him of both Infirmities by Antipathy, for thou knowest thou and I cannot agree; with that the *Moon* began to quarrel; *Mars* (not delighting much in Womens Tongues) went away, and did it whether she would or no. He that reads this, and understands what he reads, he hath a Jewel more worth than a Diamond; He that understands it not, is as little fit to give Physick. There lies a Key in these words, which will unlock (if it be turned by a wise hand) the Cabinet of Physick: I have delivered it so plainly as I durst; 'tis not only upon Wormwood as I wrote, but upon all Plants, Trees and Herbs; He that understands it not, is unfit (in my Opinion) to give Physick. This shall live when I am dead; And thus I leave it to the World, not caring a half-penny whether they like or dislike it. The Grave equals all Men, and therefore shall equal me with Princes; until which time the Eternal Providence is over me; Then the ill Tongue of a prating Fellow, or of one that hath more Tongue than Wit, or more Pride than Honesty, shall never trouble me. *Wisdom is justified of her children.* And so much for *Wormwood*.

Yarrow, called also Nose-bleed, Milfoyl, and  
Thousand-leaf.

**Descript.]** It hath many long Leaves spread upon the ground, and finely cut and divided into many small parts: Its Flowers are white, but not all of a whiteness, and stayed in knots upon divers green stalks which rise from amongst the Leaves.

**Place.]** It is frequent in all Pastures.

**Time.]** It flowreth late, even in the latter end of August.

**Government and Vertues.]** It is under the influence of

*Venus*. An Ointment of them cures Wounds, and is most fit for such as have Inflammations, it being an Herb of *Dame Venus*; It stops the Terms in Women being boiled in White-wine and the decoction drunk, as also the Bloody Flux; the Ointment of it is not only good for green Wounds, but also for Ulcers and Fistulaes, especially such as abound with moisture. It stays the shedding of Hair, the Head being bathed with the decoction of it, in-

Wounds, Inflammations, Terms stops, Bloody-Flux, Baldness, Ulcers, Fistulaes, Retentive Faculty, Running of the  
wardly



*Reins, Whites, Diabetes, Tooth-ach.*

wardly taken it helps the retentive faculty of the Stomach, it helps the running of the reins in Men, and the whites in Women, and helps such as cannot hold their water; and the leaves chewed in the Mouth easeth Tooth-ach; and these vertues being put together shew the Herb to be drying and binding. *Achilles* is supposed to be the first that left the Vertues of this Herb to Posterity, having learned them of his Master *Chyron* the Centaure; and certainly a very profitable Herb it is in the Cramps, and perhaps therefore called *Miliſtoris*.

## D I R E C T I O N S.

**H**AVING in divers places of this Treatise promised you the way of making Syrups, Conſerves, Oils, Ointments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your use at such times when otherwise they cannot be had; I come now to perform what I promised, and you shall find me rather better than worse than my Word.

That this may be done Methodically, I shall divide my Directions into two grand Sections, and each Section into several Chapters, and then you shall see it look with such a Countenance as this is.

### Sect. I.

*Of gathering, drying and keeping  
Simples and their Juices.*

Chap. 1. Of Leaves of Herbs,  
&c.

Chap. 2. Of Flowers.

Chap. 3. Of Seeds.

Chap. 4. Of Roots.

Chap. 5. Of Barks.

Chap. 6. Of Juices.

### Sect. 2.

*Of making and keeping  
Compounds.*

Chap. 1. Of distilled Waters.

Chap. 2. Of Syrups.

Chap. 3. Of Juleps.

Chap. 4. Of Decoctions.

Chap. 5. Of Oyls.

Chap. 6. Of Electuaries.

Chap. 7. Of Conſerves.

Chap. 8. Of Preserves.

Chap. 9. Of Lohochs.

Chap. 10. Of Ointments.

Chap. 11. Of Plaisters.

Chap. 12. Of Pulvises.

Chap. 13. Of Troches.

Chap. 14. Of Pills.

Chap. 15. The way of fitting  
Medicines to Compound  
Diseases.

Of all these in Order.

S E C T. I.

The Way of Gathering, and Preserving Simples and their Juices.

Chap. 1. Of Leaves of Herbs, or Trees.

**O**F leaves, choose only such as are green and full of Juice; prick them carefully, and cast away such as are any way declining, for they will putrifie the rest: so shall one handful be worth ten of those you buy in *Cheapside*.

2. Note in what places they most delight to grow in, and gather them there, for Betony that grows in the shadow, is far better than that which grows in the Sun, because it delights in the shadow; so also such Herbs as delight to grow near the Water, let such be gathered as grow near the Water; though happily you may find some of them upon dry ground: The Treatise will inform you where every Herb delights to grow.

3. The Leaves of such Herbs as run up to Seed, are not so good when they are in Flower, as before (some few excepted, the Leaves of which are seldom or never used) in such cases, if through Ignorance they were not known, or through negligence forgotten, you had better take the top and the flowers than the Leaf.

4. Dry them well in the Sun, and not in the shadow, as the saying of Physicians is; for if the Sun draw away the Vertues of the Herb, it must needs do the like by Hay by the same Rule, which the experience of every Country Farmer will explode for a notable piece of Nonsense.

5. Such as are Artists in Astrology (and indeed none else are fit to make Physicians) such I advise; let the Planet that governs the Herb be Angular, and the stronger the better; if they can in Herbs of *Saturn*, let *Saturn* be in the Ascendant; in the Herbs of *Mars* let *Mars* be in the Mid-heaven, for in those Houses they delight; let the *Moon* apply to them by good Aspect, and let her not be in the Houses of her Enemies; if you cannot well stay till she apply to them, let her apply to a Planet of the same Trine; if you cannot wait that time neither, let her be with a fixed Star of their Nature.

6. Having well dried them, put them up in brown Papers, sewing the Paper up like a Sack, and press them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried Herbs, a just time cannot be given, let Authors prate their pleasure; for, First, Such as grow upon dry Grounds will better keep than such as grow on moist.

Secondly, Such Herbs as are full of Juice will not keep so long as such as are drier.

Thirdly, Such Herbs as are well dried, will keep longer than such as are ill dried.

Yet

Yet this I say, by this you may know when they are corrupted, viz. their loss of colour, or smell, or both; and if they be corrupted, reason will tell you that they must needs corrupt the Bodies of those people that take them.

8. Gather all Leaves in the hour of that Planet that governs them.

### Chap. 2. Of Flowers.

1. **T**HE Flower, which is the beauty of the Plant, and of none of least use in Physick, groweth yearly, and is to be gathered when it is in his prime.

2. As for the time of gathering them, let the Planetary hour, and the Plant they come of, be observed, as we shewed you in the foregoing Chapter; as for the time of the day, let it be when the Sun shines upon them, that so they may be dry; for if you gather either Flowers or Herbs when they are wet or dewy, they will not keep; and this I forgot before.

3. Dry them well in the Sun, and keep them in papers near the fire. I shewed you in the foregoing Chapter.

4. So long as they retain their colour and smell, they are good; either of them being gone, so is their Vertue also.

### Chap. 3. Of Seeds.

1. **T**HE Seed is that part of the Plant which is endowed with a Facultie to bring forth its like, and it contains potentially the whole Plant in it.

2. As for place, let them be gathered from the place where they have light to grow.

3. Let them be full ripe when they are gathered, and forget not the Celestial Harmony before-mentioned, for I have found by experience that their Vertues are twice as great at such times as others; *There is an appointed time for every thing under the Sun.*

4. When you have gathered them, dry them a little, and but a little in the Sun, before you lay them up.

5. You need not to be so careful of keeping them so near the fire as the other before-mentioned, because they are fuller of spirit, and therefore not so subject to corrupt.

6. As for the time of their duration, 'tis palpable they will keep a good many years; yet this I say, they are the best the first year, and this I may appear by a good Argument. They will grow the soonest the first year they be set, therefore then are they in their prime, and 'tis an easie matter to renew them yearly.

### Chap. 4. Of Roots.

1. **O**F Roots, chuse such as are neither rotten, nor worm-eaten, nor proper in their taste, colour and smell; such as exceed neither in softness, nor hardness.

2. Give me leave to be a little critical against the vulgar received Opinion, which is, That the Sap falls down into the Roots in the Autumn, and rises again in the Spring, as men go to bed at night, and rise in the morning.

orning; and this idle talk of untruth is so grounded in the Heads, not only of the Vulgar, but also of the Learned, that a Man cannot drive it out by reason; I pray let such Sapmongers answer me to this Argument. If the Sap fall into the Roots in the fall of the Leaf, and lie there all the Winter, then must the Root grow only in the Winter, as Experience witnesseth; but the Root grows not at all in Winter, as the same Experience teacheth, but only in the Summer. *Ergo.*

If you set an Apple-kernel in the Spring, you shall find the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring; What doth the Sap do in the Root all that while, pick Straws? For God's sake build not your Faith upon Tradition, 'tis as rotten as a rotten post.

The truth is, when the Sun declines from the Tropick of Cancer, the Sap begins to congeal both in Root and Branch; when he toucheth the Tropick of Capricorn, and ascends to us-ward, it begins to wax thin again, and by degrees as it congealed. But to proceed.

3. The drier time you gather your Roots in, the better they are; For they have the less excrementitious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them in the Chimney-corner upon a string; As for such as are hard, you may dry them any where.

5. Such Roots as are great will keep longer than such as are small; yet most of them will keep a year.

6. Such Roots as are soft, it is your best way to keep them always near the fire, and take this general Rule for it; If in Winter-time you find any of your Roots, Herbs, or Flowers begin to grow moist, as many times you shall, especially in the Winter-time (for 'tis your best way to look to them once a month) dry them by a very gentle fire; or if you can with convenience, keep them near the fire, you may save your self the labour.

7. It is in vain to dry such Roots as may commonly be had, as Parsley, Fennel, Plantane, &c. but gather them only for present need.

### Chap. 5. Of Barks.

**B**arks which Physicians use in Medicines, are of these sorts: Of Fruits, of Roots, of Boughs.

1. The Bark of Fruits are to be taken when the Fruit is full ripe, as Oranges, Lemmons, &c. but because I have nothing to do with Exoticks here, I shall pass them without any more words.

3. The Bark of Trees are best gathered in the Spring, if it be of great Trees, as Oaks, or the like, because then they come easiest off, and so you may dry them if you please: but indeed your best way is to gather all Barks only for present use.

4. As for the Barks of Roots 'tis this, and thus to be gotten. Take the Roots of such Herbs as have a pith in them, as Parsley, Fennel, &c. slit them in the middle, and when you have taken out the pith (which you may easily and quickly do) that which remains is called (though something improperly) the Bark, and indeed is only to be used.



## Chap. 6. Of Juices.

1. Juices are to be pressed out of Herbs when they are young and tender, and also out of some Stalks ; and tender tops of Herbs and Plants, and also out of some Flowers.

2. Having gathered your Herb you would preserve the Juice of, when it is very dry (for otherwise your Juice will not be worth a Button) bruise it very well in a Stone Mortar with a Wooden Pestle, then having put it into a Canvas Bag, the Herb I mean, not the Mortar, (for that will yield but little Juice) press it hard in a Press, then take the Juice and clarify it.

3. The manner of clarifying it is this ; put it into a Pipkin or Skillet or some such thing, and set it over the fire, and when the Scum riseth take it off ; let it stand over the fire till no more Scum rise, then you have your Juice clarified : Cast away the Scum as a thing of no use.

4. When you have thus clarified it, you have two ways to preserve it all the year.

First, When it is cold, put it into a Glass, and put so much Oil on it as will cover it to the thickness of two fingers, the Oil will swim at top, and so keep the Air from coming to putrify it ; when you intend to use it, do no more but so ; pour out into a Porringer a little more than you intend to use, and if any Oil come out with it (as if the Glass be not full, 'tis an hundred to one if there do) you may easily scum it off with a Spoon, and put the Juice you use not into the Glass again, it will quickly sink under the Oil. This is the first way.

Secondly, The second way is a little more difficult, and the Juice of Fruits is usually preserved this way : When you have clarified the Juice, as before, boil it over the fire till (being cold) it be of the thickness of Honey : This is most commonly used for Diseases of the Mouth, and is called *Rob* and *Sapa*. And thus much for the first Section, the second follows.

## S E C T. II.

*The way of making and keeping all necessary Compounds.*

## C H A P. I.

*Of Distilled Water.*

Hitherto we have spoken of Medicines which consist in their own Nature, which Authors vulgarly call Simples, though something improperly ; for indeed and in truth, nothing is simple but pure Elements ; all things else compounded of them : We come now to treat of the Artificial Medicines, in the front of which (because we must begin somewhere) we shall place distilled Waters, in which consider :

1. Waters are distilled out of Herbs, Flowers, Fruits and Roots.
2. We treat not of strong Waters, but of cold, as being to act *Galenus* part, and not *Paracelsus*.
3. The Herbs ought to be distilled when they are in the greatest vigour, and so ought the Flowers also.

4. The vulgar way of Distillation which People use, because they know better, is in a Pewter Still ; and although distilled Waters are the weakest of all Artificial Medicines, and good for little, unless for mixtures of other medicines, yet this way distill'd, they are weaker by many degrees than they would be, were they distilled in Sand. If I thought it not impossible to teach you the way of distilling in Sand by writing, I would attempt it.

5. When you have distilled your Water, put it into a Glass, and having bound the top of it over with a Paper pricked full of holes, that so the exhalation and fiery vapors may exhale (which indeed are they that cause the settling in distilled Waters, called the Mother, which corrupts Waters, and might this way be prevented) cover it close, and keep it for your use.

6. Stopping distilled Waters with a Cork makes them musty, and so will Paper also, if it do but touch the Water; your best way then is to stop them with a Bladder, being first put in water, and bound over the top of the Glass. Such cold Waters as are distilled in a Pewter Still (if well kept) will endure a year; such as are distilled in Sand, as they are twice as strong, they endure twice as long.

### Chap. 2. Of Syrups.

**A** Syrup is a Medicine of a liquid form, composed of Infusion, Decoction and Juice. And 1. For the more grateful taste. 2. For the better keeping of it, with a certain quantity of Honey or Sugar, hereafter mentioned, boiled to the thickness of new Honey.

2. You see at the first view that this Aphorism divides it self into three branches, which deserve severally to be treated of; viz.

1. Syrups made by Infusion.
2. Syrups made by Decoction.
3. Syrups made by Juice.

Of each of these (for your Instruction's sake, kind Countrymen and Women) I speak a word or two, or three apart.

First, Syrups made by Infusion, are usually made of Flowers, and of such flowers as soon lose their colour and strength by boiling, as Roses, Violets, Peach-flowers, &c. My Translation of the *London Dispensatory* will instruct you in the rest. They are thus made; Having picked your Flowers clean, to every pound of them add three pound (or three pints, which you will, if it is all one) of Spring-water, made boiling hot by the fire; first put your Flowers in a Pewter Pot with a cover, then pour the water to them, then shutting the Pot, let it stand by the fire to keep hot twelve hours, then strain it out, (in such Syrups as purge, as Damask Roses, Peach-flowers, &c. The usual, and indeed the best way is to repeat this Infusion, adding fresh Flowers to the same Liquor divers times, that so it may be the stronger) having strained it out, put the Infusion into a Pewter Basin, or Earthen one well glassed, and to every pint of it add two pound of Sugar, which being only melted over the fire without boiling, and skummed, will produce you the Syrup you desire.

Secondly, Syrups made by decoction, are usually made of Compounds, yet

yet may any simple Herb be thus converted into Syrup: Take the Herb Root or Flower you would make into a Syrup, and bruise it a little; then boil it in a convenient quantity of Spring water, the more Water you put in, the weaker it will be; a handful of the Herb, Root, &c. is a convenient quantity for a pint of Water; boil it till half the Water be consumed, then let it stand till it be almost cold, and strain it (being almost cold) through a Woollen Cloth, letting it run out at leisure without pressing: to every pint of this Decoction add one pound of Sugar, and boil it over the fire till it come to a Syrup, which you may know if you see and then cool a little of it in a Spoon; scum it all the while it boils, and when it is sufficiently boiled, whilst it is hot, strain it again through a Woollen Cloth, but press it not. Thus have you the Syrup perfected.

Thirdly, Syrups made of Juices, are usually made of such Herbs that are full of Juice, and indeed they are better made into a Syrup this way than any other; the operation is thus; having beaten the Herb in a Stone Mortar with a Wooden Pestle, press out the Juice, and clarify it as you were taught before in the Juices, then let the Juice boil away till a quarter of it (or near upon) be consumed; to a pint of this add a pound of Sugar, and boil to a Syrup, always scumming it, and when it is boiled enough, strain it through a Woollen Cloth, as we taught you before, and keep it for your use.

3. If you make Syrup of Roots that are any thing hard, as Parsley, Fenel, and Grass-roots, &c. When you have bruised them, lay them in some time in that Water which you intend to boil them in hot, so will the vertue the better come out.

4. Keep your Syrups either in Glasses or Stone Pots, and stop them with Cork nor Bladder, unless you would have the Glass break, and the Syrup lost; and as many Opinions as there are in this Nation, I suppose there are but few or none of this, only bind a Paper about the mouth.

5. All Syrups, if well made, continue a year with some advantage; yet of all, such as are made by Infusion keep the least while.

### Chap. 3. Of Juleps.

1. Juleps were first invented, as I suppose, in *Arabia*, and my reason is because the word *Julep* is an *Arabick* word.

2. It signifies only a pleasant Potion, and vulgarly used (by such as were sick and wanted help, or such as are in health, and wanted no money to quench thirst).

3. Now-a-days 'tis commonly used.

1. To prepare the Body for Purgation.

2. To open Obstructions and the Pores.

3. To digest tough Humors.

4. To qualify hot Distempers, &c.

4. It is thus made (I mean simple Juleps, for I have nothing to say of Compounds here; all Compounds have as many simple Ideas, as Men have Crotchets in their Brain) I say simple Juleps are thus made; Take a pint of such distilled Water, as conduce to the cure of your Distemper, which

this Treatise will plentifully furnish you withal, to which add two Ounces of Syrup, conducing to the same effect (I shall give you Rules for it in the last Chapter) mix them together, and drink a draught of it at your pleasure. If you love tart things, add ten drops of Oil of Vitriol to your pint, and shake it together, and it will have a fine grateful taste.

5. All Juleps are made for present use, and therefore it is in vain to speak of their duration.

#### Chap. 4. Of Decoctions.

1. **A**LL the difference between Decoctions, and Syrups made by decoction, is this; Syrups are made to keep, Decoctions only for present use; for you can hardly keep a Decoction a week any time; if the Weather be hot, not half so long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits, or Barks, conducing to the cure of the Disease you make them for; in the same manner are they made, as we shewed you in Syrups.

3. Decoctions made with Wine last longer than such as are made with Water; and if you take your Decoction to cleanse the passages of Urine, or open Obstructions, your best way is to make it with White-wine instead of Water, because this is most penetrating.

4. Decoctions are of most use in such Diseases as lie in the passages of the Body; as the Stomach, Bowels, Kidneys, passages of Urine and Bladder, because Decoctions pass quicker to those places than any other form of Medicines.

5. If you will sweeten your Decoction with Sugar, or any Syrup fit for the occasion you take it for, which is better, you may, and no harm do.

6. If in a Decoction you boil both Roots, Herbs, Flowers and Seed together, let the Roots boil a good while first, because they retain their vertue longest; then the next in order by the same rule, viz. 1. Barks, 2. The Herbs, 3. The Seeds, 4. The Flowers, 5. The Species, if you put any in, because their vertues come soonest out.

7. Such things as by boiling cause sliminess to a Decoction, as Figs, Quince-seed, Linseed, &c. Your best way is, after you have bruised them, to tie them up in a Linnen Rag, as you tie up a Calve's Brains, and so boil them.

8. Keep all Decoctions in a Glass close stopped, and in the cooler place you keep them, the longer will they last e're they be sowre.

Lastly, The usual Dose to be given at one time, is usually two, three, four, or five ounces, according to the age and strength of the Patient, the Season of the year, the strength of the Medicine, and the quality of the Disease.

#### Chap. 5. Of Oils.

1. **O**IL Olive, which is commonly known by the name of Salad Oil, I suppose because it is usually eaten with Salads by them that love it; If it be pressed out of ripe Olive, according to Galen, is temperate, and exceeds in no one quality.

2. Of Oils, some are simple, and some are compound.

X

3. Simple



3. Simple Oils are such as are made of Fruits or Seeds by expression, as Oil of sweet and bitter Almonds, Linseed and Rape-seed Oil, &c. of which see my *Dispensatory*.

4. Compound Oils are made of Oil of Olives, and other simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this, Having bruised the Herbs or Flowers you would make your Oil of, put them into an Earthen Pot, and to two or three Handfuls of them pour a pint of Oil, cover the Pot with a Paper, set it in the Sun about a fortnight or less, according as the Sun is in hotness; then having warmed it very well by the fire, press out the Herb, &c. very hard in a Press, and add as many more Herbs to the same Oil, bruise the Herbs, (I mean, not the Oil) in like manner, set them in the Sun as before, the oftner you repeat this, the stronger your Oil will be; at last when you conceive it strong enough, boil both Herbs and Oil together till the juice be consumed, which you may know by its leaving it blushing, and the Herbs will be crisp, then strain it whilst it is hot, and keep it in a stone or glass Vessel for your use.

6. As for Chymical Oils, I have nothing to say in this Treatise.

7. The general use of these Oils, is for pain in the Limbs, roughness of the Skin, the Itch, &c. as also for Ointments and Plaisters.

8. If you have occasion to use it for Wounds or Ulcers, in two ounces of Oil dissolve half an ounce of Turpentine, the heat of the fire will quickly do it; for Oil it self is offensive to Wounds, and the Turpentine qualifies it.

### Chap. 6. Of *Electuaries*.

**P**hysicians make more a quail than needs by half about *Electuaries*. I shall prescribe but one general way of making them up; as for the Ingredients, you may vary them as you please, and according as you find occasion by the last Chapter.

1. That you may make *Electuaries* when you need them, it is requisite that you keep always Herbs, Roots, Seeds, Flowers, &c. ready dried in your House, that so you may be in a readiness to beat them into powder when you need them.

2. Your better way is to keep them whole than beaten; for being beaten they are the more subject to lose their strength; because the Air soon penetrates them.

3. If they be not dry enough to beat into powder when you need them, dry them by a gentle fire till they are so.

4. Having beaten them, sift them through a fine Tiffany Searce, that there may be no great pieces found in your *Electuary*.

5. To one ounce of your powder add three ounces of clarified Honey; this quantity I hold to be sufficient; I confess Authors differ about it. If you would make more or less *Electuary*, vary your proportion accordingly.

6. Mix them well together in a Mortar, and take this for a truth, You cannot mix them too much.

7. The way to clarify Honey, is to set it over the fire in a convenient Vessel till the scum rise, and when the scum is taken off, it is clarified.
8. The usual Dose of Cordial Electuaries, is from half a dram to two drams; of purging Electuaries, from half an ounce to an ounce.
9. The manner of keeping them is in a pot.
10. The time of taking them, is either in the morning fasting, and fasting an hour after them; or at night going to bed, three or four hours after Supper.

### Chap. 7. Of Conservees.

**T**HE way of making Conservees is two-fold, one of Herbs and Flowers, and the other of Fruits.

1. Conservees of Herbs and Flowers are thus made; if you make your Conservees of Herbs, as of Scurvy-grass, Wormwood, Rue, and the like, take only the leaves and tender tops (for you may beat your heart out before you can beat the stalks small) and having beaten them, weigh them, and to every pound of them add three pound of sugar, beat them very well together in a Mortar, you cannot beat them too much.

2. Conservees of Fruits, as of Barberries, Sloes, and the like, is thus made. First scald the Fruit, then rub the pulp through a thick Hair Sieve made for the purpose, called a Pulping Sieve; you may do it for a need with the back of a Spoon, then take this Pulp thus drawn, and add to it its weight of Sugar, and no more, put it in a Pewter Vessel, and over a Charcoal fire, stir it up and down till the sugar be melted, and your Conserve is made.

3. Thus have you the way of making Conservees; the way of keeping them is in Earthen Pots.

4. The Dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they are purging) when you please.

5. Of Conservees, some keep many years, as Conservees of Roses: others but a year, as Conservees of Borrage, Bugloss, Cowslips, and the like.

6. Have a care of the working of some Conservees presently after they are made, look to them once a day, and stir them about; Conservees of Borrage, Bugloss and Wormwood, have gotten an excellent faculty at that sport.

7. You may know when your Conservees are almost spoiled by this, You shall find a hard crust at top with little holes in it, as though Worms had been eating there.

### Chap. 8. Of Preserves.

**O**F Preserves are sundry sorts, and the operations of all being something different, we will handle them all apart.

These are preserved with Sugar.

1. *Flowers.*

2. *Fruit.*

3. *Roots.*

4. *Barks.*

1. Flowers are but very seldom preserved, I never saw any that I remember,

member, save only Cowslip-flowers, and that was a great fashion in *Suffa* when I was a Boy; It is thus done, First, Take a flat Glass, we call them Jar Glasses, strew in a laying of fine Sugar, on that a laying of Flowers, on that another laying of Sugar, on that another laying of Flowers, do so till your Glass be full; then tie it over with a Paper, and in a little time you shall have very excellent and pleasant Preserves.

There is another way of preserving Flowers, namely with Vinegar and Salt, as they pickle Capers and Broom-buds, but because I have little skill in it my self, I cannot teach you.

2. Fruits, as Quinces, and the like, are preserved two ways.

First, boil them well in the Water, and then pulp them through a Sieve as we shewed you before; then with the like quantity of Sugar boil the Water they were boiled in, into a Syrup, *viz.* A pound of Sugar to a pint of Liquor; to every pound of this Syrup, add four ounces of the Pulp, then boil it with a very gentle fire to the right consistence, which you may easily know if you drop a drop of it upon a Trencher, if it be enough will not stick to your Fingers when it is cold.

Secondly, Another way to preserve Fruits is this, First, pare off the Rind then cut them in halves, and take out the Core; then boil them in Water till they are soft; if you know when Beef is boiled enough, you may easily know when they are; then boil the Water with its like weight of Sugar into a Syrup, put the Syrup into a Pot, and put the boiled Fruit whole as you left it when you cut it into it, and let it remain till you have occasion to use it.

3. Roots are thus preserved; First, scrape them very clean, and cleanse them from the pith, if they have any, for some Roots have not, as *Eringo*, and the like, boil them in Water till they be soft, as we shewed you before in the Fruits, then boil the Water you boiled the root in, into a syrup, as we shewed you before, then keep the root whole in the syrup till you use them.

4. As for Barks we have but few comes to our hands to be done, and those, of those few that I can remember, are Oranges, Lemmons, *Citron* and the outer bark of Walnuts which grows without the shell, for the shells themselves would make but scurvy Preserves; These be they I remember, if there be any more, put them into the number.

The way of preserving these is not all one in Authors, for some are bitter, some are hot; such as are bitter, say Authors, must be soaked in warm Water, oftentimes changed till their bitter taste be fled; but I know not this way, and my reason is this, Because I doubt when their bitterness is gone, so is the vertue also; I shall then prescribe one common way, namely, the same with the former, *viz.* First, boil them whole till they be soft, then make a syrup with sugar and the liquor you boiled them in, and keep the barks in the syrup.

5. They are kept in Glasses, or Glassed Pots.

6. The preserved Flowers will keep a year if you can forbear eating of them; the Roots and Barks much longer.

7. This Art was plainly and clearly at first invented for delicacy, but came afterwards to be of excellent use in Physick: For,

First, Hereby medicines are made pleasant for sick and queasie stomachs, which else would loath them.

Secondly, Hereby they are preserved from decaying a longtime.

Chap. 9. *Of Lobochs.*

**T**Hat which the Arabians call *Lobochs*, and the Greeks *Eclegma*, the Latins call *Lanctus*, and in plain English signifies nothing else, but a thing to be licked up.

1. Their first Invention was to prevent and remedy afflictions of the breast and lungs, to cleanse the lungs of flegm, and make it fit to be cast out.

2. They are in body thicker than a syrup, and not so thick as an elestuary.

3. The manner of taking them, is often to take a little with a Licquorish stick, and let it go down at leisure.

4. They are easily thus made; make a decoction of pectoral Herbs, and the Treatise will furnish you with enough, and when you have strained it, with twice its weight of honey or sugar, boil it to a *Loboch*; If you are molested with tough flegm, honey is better than sugar; and if you add a little vinegar to it, you will do well; if not, I hold sugar to be better than honey.

5. It is kept in pots, and may be kept a year and longer.

6. It is excellent for roughness of the Wind-pipe, inflammations of the lungs, Ulcers in the Lungs, difficulty of Breath, Astmaes, Coughs, and distillations of Humors.

Chap. 10. *Of Oyntments.*

**V**ARIOUS are the ways of making Oyntments, which Authors have left posterity, which I shall omit, and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in Physick, for whose sake I write this. It is thus done.

Bruise those Herbs, Flowers or Roots, you will make an Ointment of, and two handfuls of your bruised Herbs add a pound of Hogs-grease dried, and cleansed from the skins, beat them very well together in a Stone-mortar with a Wooden Pestle, then put it in a Stone-pot (the Herb and Grease mean, not the Mortar) cover it with a Paper, and set it either in the sun, or some other warm place, three, four, or five days, that it may melt, then take it out and boil it a little, then whilst it is hot, strain it out, pressing it out very hard in a press; to this Grease add as many more Herbs bruised as before, let them stand in like manner as long, then boil them as you did the former; if you think your Ointment be not strong enough, you may do it the third and fourth time; yet this I tell you, the fuller of Juice your Herbs are, the sooner will your Ointment be strong; the last time you boil it, boil it so long till your Herbs be crisp, and the Juice consumed, then strain it, pressing it hard in a press, and to every pound of Ointment add two Ounces of Turpentine, and as much Wax, because Grease is offensive to Wounds as well as Oil.

1. Ointments are vulgarly known to be kept in Pots, and will last above a year, some above two years.



## Chap. 11. Of Plaisters.

1. **T**HE Greeks made their Plaisters of divers Simples, and put Metals in most of them, if not in all; for having reduced their Metals into Powder, they mixed them with that fatty substance whereof the rest of the Plaister consisted, whilst it was yet hot, continually stirring it up and down lest it should sink to the bottom; so they continually stirred it till it was stiff; then they make it up in rolls, which when they need for use, they could melt by fire again.

2. The *Arabians* made up theirs with Oil and Fat, which needeth not so long boiling.

3. The Greeks Emplaisters consisted of these ingredients, Metals, Stones, divers sorts of Earth, Feces, Juices, Liquors, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rosin, Gums.

## Chap. 12. Of Pultisses.

1. **P**ultisses are those kinds of things which the Latins call *Cataplasma*, and our learned Fellows, that if they can read English that all, call them *Cataplasms*, because 'tis a crabbed word few understood; it is indeed a very fine kind of medicine to ripen sores.

2. They are made of Herbs and Roots fitted for the Disease and Member afflicted, being chopped small, and boiled in Water almost to a jelly, then by adding a little Barley-meal, or Meal of Lupins, and a little Oil, or rough sweet Suer, which I hold to be better, spread upon a Cloth and applied to the grieved place.

3. Their use is to ease pains, to break sores, to cool inflammations, to dissolve hardness, to ease the spleen, to concoct humors, to dissipate swellings.

4. I beseech you take this Caution along with you; use no Pultisses (that you can help it) that are of an healing nature, before you have first cleared the body, because they are subject to draw the Humors to them from every part of the Body.

## Chap. 13. Of Troches.

**T**HE Latins call them *Placentula*, or little Cakes (and you might have seen what the Greeks call them too, had not the last Edition of the *London Dispensatory* been so hellishly Printed; that's all the Kingdom by one Stationer Printing anothers Copies, viz. to plague the Country with false Prints, and disgrace the Author) the Greeks *τροχισχοι κυκλίσκοι* *αερισχοι* they are usually little, round flat Cakes, or you may make them square if you will.

2. Their first invention was, that powders being so kept might resist the intermission of air, and so endure pure the longer.

3. Besides they are the easier carried in the pockets of such as travel many a Man (for example) is forced to travel whose stomach is too cold or at least not so hot as it should be, which is most proper, for the stomach is never cold till a Man be dead; in such a case 'tis better to carry Troches of Wormwood, or Gallanga, in a Paper in his Pocket, and more convenient by half than to lug a Galli-pot along with him.

4. They are thus made, *At night when you go to bed, take two drams of fine Gum-tragacanth, put it into a Galli-pot, and put half a quarter of a pint of any distilled water fitting for the purpose you would make your Troaches for, to it, to cover it, and the next morning you shall find it in such a jelly as Physicians call Muffilage; with this you may (with a little painstaking) make a powder into paste, and that paste into Cakes called Troaches.*

5. Having made them, dry them in the Shadow, and keep them in a pot for your use.

• Chap 14. Of Pills.

1. **T**hey are called *Pilulae*, because they resemble little balls, the Greeks call them *Cataporia*

2. It is the Opinion of Modern Physicians, that this way of making medicines, was invented only to deceive the palate, that so by swallowing them down whole, the bitterness of the medicine might not be perceived, or at least it might not be unsufferable; and indeed most of their pills, tho not all, are very bitter.

3. I am of a clean contrary Opinion to this; I rather think they were done up in this hard form, that so they might be the longer in digesting, and my Opinion is grounded upon Reason too, not upon fancy nor Hear-say. The first invention of pills was to purge the Head; now as I told you before, such infirmities as lay near the passages, were best removed by decoctions, because they pass to the grieved part soonest; so here if the infirmity lies in the head or any other remote part, the best way is to use Pills, because they are longer in digestion and therefore the better able to call the offending humor to them.

4. If I should tell you here a long Tale of medicines working by sympathy and antipathy, you would not understand a word of it, they that are set to make Physicians, may find it in the Treatise; All Modern Physicians know not what belong to a Sympathetical Cure no more than a Cuckow knows what belongs to Flats and Sharps in Musick, but follow the vulgar road, and call it a hidden quality, because 'tis hidden from the Eyes of Dunces, and indeed none but Astrologers can give a reason of it, and Physick without reason is lik a Pudden without Fat.

5. The way to make Pills is very easie, for with the help of a pestle and mortar, and a little diligence, you may make any powder into pills, either with syrup, or the jelly I told you before.

Cap. ult. *The way of mixing Medicines, according to the cause of the Disease, and part of the Body afflicted,*

**T**his being indeed the Key of the Work, I shall be somewhat the more diligent in it. I shall deliver my self thus.

1. *To the Vulgar.*

2. *To such as study Astrology, or such as study Physick Astrologically*

First, to the Vulgar: Kind Souls: I am sorry it hath been your hard mis-  
hap, to have been so long trained in such *Egyptian* darkness, even darkness

which to your sorrow may be felt; the vulgar road of Physick is not my Practice, and I am therefore the more unfit to give you Advice, *\*Galens Art of Physick* and I have now published a little Book which will fully instruct you, not only in the knowledge of your own Bodies, but also in fit medicines, to remedy each part of it when afflicted; in the mean season take these few Rules to stay your stomachs.

1. With the disease, regard the cause, and part of the body afflicted; for example, Suppose a woman be subject to miscarry through wind, thus do:

1. Look *Abortion* in the Table of Diseases, and you shall be directed by that, how many Herbs prevent miscarriage.

2. Look *Wind* in the same Table, and you shall see how many of those Herbs expel wind.

These are the Herbs medicinal for your Grief.

2. In all Diseases strengthen the part of the Body afflicted.

3. In mixed Diseases there lies some difficulty, for sometimes two parts of the body are afflicted with contrary humors, as sometimes the Liver is afflicted with Choler and water, as when a man hath both a dropic and the yellow Jaundice, and this is usually mortal.

In the former, Suppose the Brain be too cold and moist, and the Liver too hot and dry; thus do:

1. Keep your Head outwardly warm.

2. Accustom you self to smell of hot Herbs.

3. Take a Pill that heats the Head at night going to Bed.

4. In the morning take a decoction that cools the Liver, for that quickly passeth the stomach, and is at the Liver immediately.

You must not think (courteous people) that I can spend time to give you examples of all diseases; these are enough to let you see so much light as you without Art are able to receive; if I should set you to look upon the Sun, I should dazle your Eyes and make you blind.

Secondly, To such as study Astrology (who are the only men I know that are fit to study Physick; Physick without Astrology, being like a Lamp without Oil) You are the men I exceedingly respect, and such documents as my Brain can give you at present (being absent from my study) I shall give you.

1. Fortifie the Body with herbs of the Nature of the Lord of the Ascendant, 'tis no matter whether he be a Fortune or an Infortune in this case.

2. Let your medicine be something Antipathetical to the Lord of the sixth

3. Let your medicine be something of the Nature of the Sign Ascending.

4. If the Lord of the tenth be strong, make use of his Medicines.

5. If this cannot well be, make use of the Medicines of the light of time.

6. Be sure always, fortifie the grieved part of the Body by sympathetical Remedies.

7. Regard the Heart, keep that upon the wheels, because the Sun is the Foundation of Life, and therefore those universal Remedies, *Aurum Potabile*, and the Philosophers Stone, Cure all Diseases by fortifying the Heart.

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